dessert recipe contest winners

Our Readers' Favorite Family Desserts
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Hannaford

fresh

FLAVOUR GRILL

Here's how to sizzle a special steak for Dad's Day
p. 30

May/June 2015
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WELCOME

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Dear Readers

This edition of *fresh* represents the relationships we are so fortunate to build through Hannaford stores

On our Partnering page we acknowledge 11 different honey producers who share unique Close to Home® honey with our customers

In our Supporting section we recognize a longtime partnership that honors women who volunteer and make a difference in New Hampshire

And of course we always like meeting skillful cooks — especially when the subject at hand is dessert. *Fresh* shares their sweet secrets from across New York Massachusetts Vermont, New Hampshire and Maine (beginning on page 18)

I have always appreciated the opportunities we have at Hannaford to make relationships *Fresh* is one of the places where we share those connections. With my retirement in June Mike Vail will introduce our July/August edition Mike becomes president of Hannaford this summer He's a long time colleague I know he's looking forward to the connections we make here and in our stores

I look forward to keeping my connection with Hannaford It has been my pleasure in recent years to share some of what Hannaford has to offer through *fresh* Your interest in our people our recipes our partnerships and our stores is appreciated Thank you for investing your time and trust in us

Sincerely

Brad Wise

BRAD WISE
President Hannaford Supermarkets

stay connected with us!

Be a part of the Hannaford community:
Follow us on Twitter Become a fan on Facebook. Sign up for Hannaford emails.

FRESH FORUM

Q. My husband and I love asparagus, but we disagree over what to do with it. He'll just wash it and leave the woody stem intact. I prefer it without the chewy part, but he says stopping to get a knife and cutting board makes an unnecessary extra step. I know he has a point, but am I stuck with eating tough asparagus?

MICHELLE CICCARELLI
Concord, NH

A. When it comes to asparagus there's a good compromise. First wash the asparagus just before you use it and then you can deal with those woody ends. If you want to cut them off, trim the stalks at the point where the green color diminishes. But you could also simply snap off the tough part. Just hold the end of the spear with one hand and bend it with the other — it will break neatly at the point where the woody part begins. And if discarding that portion of the stalk seems wasteful, you can salvage much of it by using a vegetable peeler to remove the tough outer layers.

Hold an end of an spear with one hand and bend it with the other

Q. I love your magazine! The July/August 2014 issue features milk and products from an organic farm. Does Hannaford brand milk have any hormones? Should I buy only milk labeled as such if I am concerned about hormones? What does rBST mean?

I shop at the Hannaford in Franklin, NH, and have always enjoyed the quality, convenience, and helpful staff.

NANCY LEWIS
Franklin, NH

A. Thank you for your questions, and for your kind words about *fresh* magazine and our store. We're happy to let you know that Hannaford milk has no added artificial growth hormones. Our milk also arrives on our shelves without a trace of rBST (recombinant bovine somatotropin). This synthetic version of a naturally occurring growth hormone (bovine somatotropin, or BST) is used by some dairy farmers to increase production. Even though the FDA has found rBST to be safe, Hannaford prefers to offer customers only milk from cows that have not been treated with any artificial hormone.

We'd Love to Hear from You!

Please send your questions, comments, suggestions, and culinary musings to freshmagazine@hannaford.com or *fresh* magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit **hannaford.com** and click on the Contact Us icon at the top of the page, then select Feedback or call 800.213.6040.

Vegetarian

Freezable

Indicates a recipe that earned Guiding Stars.

Indicates a recipe that is gluten free. Always check the ingredient statement on packaged foods and spices.

All ingredients may not be available in all stores.

KOB HANSEN (ASPARAGUS)

m/j 15

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SEASONAL DELIGHTS

Make it a memorable meal with a feast from the grill followed by a tempting dessert from our annual recipe contest

ON THE COVER: Spicy Three Pepper Rubbed Rib Eye. See page 34 for the recipe. Photograph by Scott Dorrance.

in every issue

go online

You'll find a virtual copy of this issue of *fresh* magazine, as well as a complete library of back issues, at **hannaford.com**

POWER FOOD

edamame

IF YOU HAVEN'T JOINED THE EDAMAME FAN CLUB yet, it's probably just a matter of time. You may already know that edamame (pronounced ah-duh-MAH-may) are soybeans, and that soy foods have long been a staple in Asia. Here, the popularity of these little green beans has grown steadily since they emerged on the culinary scene in the 1980s, when the steamed and salted beans in the pod were served in Asian restaurants as a tasty snack. Since then, edamame has gone mainstream – shelled and in the pod, fresh and frozen. You may find crisp, blemish-free pods of fresh edamame in the refrigerated produce section. Even though you are judging by those fibrous, fuzzy pods, you don't actually eat them. Instead, you pop out the beans as you would when shelling peas. At home, refrigerate the fresh pods in a perforated plastic bag for up to five days. Frozen edamame will keep for several months and is precooked, so just heat and eat.

– Kit Broliner, MS, RD, LD

edamame and your health

EDAMAME ARE HIGHLY NUTRITIOUS. One cup, cooked from frozen, has 189 calories, and provides nearly 17 grams of protein (34 percent of the Daily Value). What's more, as one of the few plant sources of all essential amino acids, they're considered a complete protein, making them a smart choice for vegetarians or anyone looking for lean protein. These little beans deliver plenty of nutrients: more than a day's worth of folate and half the vitamin K, as well as nearly 20 percent of the Daily Value for iron and over 30 percent of recommended daily fiber intake. They even supply omega-3 fatty acids.

cooking with edamame

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ITALIAN EDAMAME SALAD

SERVES 6; ACTIVE TIME, 22 MINUTES; TOTAL TIME, 22 MINUTES

This salad is packed with good-for-you ingredients, including heart-healthy edamame, which are simply soybeans that have been picked before reaching full maturity. Adding in fresh vegetable superstars makes for a salad rich in vitamins, minerals, and fiber. Delicious! For fuller flavor, let the salad marinate in the fridge for a few hours, then bring it to room temperature before serving.

- 2 cups frozen shelled edamame
- 3 Tbsp. extra-virgin olive oil
- 5 Tbsp. balsamic vinegar
- ¼ cup finely chopped red onion
- 2 Tbsp. finely chopped fresh basil leaves
- ¼ tsp. salt, or to taste
- ⅛ tsp. freshly ground black pepper
- 2 cups chopped broccoli florets
- 1 ½ cups halved grape tomatoes
- 6 oz. fresh mozzarella cheese, cut into ½-inch pieces

1. In a medium saucepan, bring 4 cups water to a boil over high heat. When the water boils, add edamame. Reduce heat, cook until al dente, about 6 to 8 minutes. Drain and rinse with cool water.
2. In a large bowl, combine oil, vinegar, onion, basil, salt, and pepper. Mix well. Add cooled edamame, broccoli, tomatoes, and mozzarella. Toss to combine. Serve immediately or refrigerate until ready to serve. Store in an airtight container in the refrigerator for up to 2 days.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 240 CALORIES, 12G CARBOHYDRATES, 11G PROTEIN, 18G FAT (5G SATURATED), 25MG CHOLESTEROL, 130MG SODIUM, 4G FIBER

Edamame SALAD

PACING PAGE, STRONG/FOR (2): THIS PAGE, FOOD/STYLIST: [illegible]; RECIPE BY LIZ BUNDERSON; PHOTOGRAPHER: MARK FEIN
FOOD STYLIST: [illegible]; PROP STYLIST: [illegible]; PRACTICE NATALIA VIZCAIN (EDAMAME SALAD)

Close to Home® honey producers

MAINE

Spring Break Maple and Honey, Smyrna

Swan's Honey, Albion

MASSACHUSETTS

Chrystal Spring Farm, West Townsend

Reseske Apiaries, Holliston

NEW HAMPSHIRE

Ben's Sugar Shack, Temple

NEW YORK

Finster Honey Farms, Frankfort

North Country Farms, Watertown

Ole McDonald's Honey Farm, Fultonville

Russell Farms, Rhinebeck

Uncle Nectar's Honey, Oneonta

VERMONT

Northwoods Apiaries, Westfield

Not all products are available in all stores

Close to Home®

true bee-lievers

local honey producers spread sweetness while supporting a healthier habitat

BECAUSE BEES HAVE a crucial role in the life cycle of many beneficial plants — pollinating 75 percent of the fruits, vegetables, and nuts and 80 percent of the flowers grown in the U.S. — the beekeepers who take care of them are doing more than providing us with honey. They are contributing to the health of the planet and the sustainability of our agricultural crops.

Our Close to Home® honey is a pure product of sustainably based agriculture. It comes from local beekeepers and the suppliers who support them. Here are the local honeys you'll find on the shelves in many of our stores.

MAINE

Swans Honey of Albion is one sweet farm, producing jams, jellies, and preserves, as well as honey and honey products. Visitors are invited to tour their processing operation, and if you like what you see, you can sign up for their beekeeping classes.

MASSACHUSETTS

Bees make many varieties of artisanal Golden Meadow Honey from the nectar of local wildflowers. The end product is delivered to us by Chrystal Spring Farm, a family operation in West Townsend committed to producing high quality honey and related products.

NEW HAMPSHIRE

Ben's Sugar Shack in Temple may be best known for its extensive line of maple treats, but all natural Bens Wildflower Honey is another sweet reason to discover the artisanal quality of Bens products made, as they put it, with "Yankee pride."

NEW YORK

Russell Farms is a family enterprise in the foothills of the Catskill Mountains in Rhinebeck. Now run by the third generation, they're sticklers for the quality of their all natural "liquid gold." Russell Farms Buckwheat Honey.

VERMONT

Beekeepers at Northwoods Apiaries in Westfield, beautifully situated in Vermont's Northeast Kingdom, gather pure organic honey from local bees for their product line, which also features an assortment of beeswax and candles.

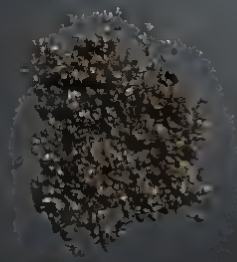
THIS PAGE, PORTS BY MASTERPIECE; HONEYCOMB SHUTTERSTOCK (HONEY BEE); FRAME: FOOD PHOTOGRAPHER SCOTT HOWARD; PROP STYLING: LAURA WERNINGER

salts of the earth

tantalize your taste buds with varieties of the world's oldest spice

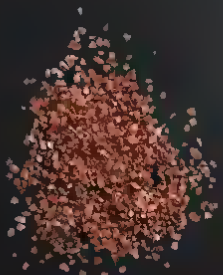
by Beverly Ballaro

SALT HAS BEEN A PRIZED COMMODITY since ancient times. Legend has it that Roman soldiers were even paid with pouches of salt, *salarium argentum* (salt money) — the origin of the English word *salary*. Today we can choose from a variety of specialty salts guaranteed to please the palate.



SMOKY GOODNESS

Sea salt smoked over red alderwood imparts a subtle woodsy flavor to filet mignon, salmon, lobster or shrimp. A dash of Taste of Inspirations® Salish (Alder Smoked Fine Salt) also lends a pleasant smoky taste to buttered popcorn, corn on the cob, black beans and roasted nuts.



ISLAND PEARLS

The mellow grains of Hawaiian sea salt derive their distinctive rosy color from alaea, an iron oxide-rich clay that is added to the salt after it is harvested. Traditionally applied as a condiment and preservative in Native Hawaiian dishes, alaea remains in ceremonial use for purification, blessing, and healing rituals. Sprinkle Taste of Inspirations® Alaea (Hawaiian Sea Salt) on grilled and roast pork, spare ribs, and grilled seafood.

PRETTY IN PINK

Ranging from pale pink coral to deep ruby red, the vivid shades of Himalayan pink salt reflect the rich iron and mineral content of these crystals, mined from cave deposits under ancient seabeds. Use Taste of Inspirations® Himalayan Pink (Medium Coarse Mineral Salt) to seal in flavor and moisture by salt-roasting whole fish or brining poultry. A few crystals will lend visual dazzle and a spike of saltiness to caramel apples and fruity drinks.

GRAY GOODNESS

Hand collected by artisans from the crystals left behind by the evaporation of seawater, gray salt owes its pale gray, purplish hue to the clay in the salt flats where it forms. The chunky, moist crystals enhance hearty meat dishes, as well as baked goods. Use Taste of Inspirations® Sel Gris (Coarse Gray Sea Salt) to impart a deep, mineral-rich crunch to steaks, chops, root vegetables, and legumes.

A SATISFYING CRUNCH

Delicate fleur de sel ("flower of salt") is traditionally harvested from the surface of shallow pools of evaporating seawater. Sprinkle Taste of Inspirations® Fleur de Sel on crusty bread dipped in fruity olive oil, heirloom tomato salads, or seared seafood. A few grains add a savory contrast when scattered over sweet treats, such as fresh melons or brownies.

apricots

Velvety smooth apricots are stone fruits, like peaches. They are at their peak between May and August, but dried apricots can be enjoyed year-round. Look for apricots that are a rich orange-gold color and slightly soft to the touch. The fruit is rich in beta-carotene and vitamin C – nutrients that support eye and skin health and help boost the immune system. And the high fiber content promotes digestive health. The sweet-yet tart flavor of apricots can be a great addition to a bowl of cereal or a salad. This versatile fruit is also popular in jams and chutneys, as a pastry filling, and as a flavorful addition to savory dishes.

– Lindsay Robbins

TOMATO APRICOT GRILLED CHICKEN

SERVES 4 ACTIVE TIME 55 MINUTES TOTAL TIME 55 MINUTES

Tangy apricots join forces with sun-dried tomatoes to create a flavorful sweet and tart sauce for grilled chicken. We use breasts here, but you could also swap in skinless, boneless thighs.

- ½ cup dried whole apricots
- ½ cup julienne oil-packed sun-dried tomatoes, drained (reserve 1 Tbsp. of the oil)
- 2 cups water, plus additional if needed
- vegetable oil
- 2 (8 oz.) skinless, boneless chicken breasts
- ⅛ tsp. freshly ground black pepper
- ¼ tsp. salt, divided
- ¼ cup chopped celery
- 1 medium shallot, minced
- 2 tsp. no-salt-added tomato paste
- basil sprigs for garnish (optional)
- 1 fresh apricot, thinly sliced for garnish (optional)

1. Place apricots and tomatoes in a small saucepan. Cover with 2 cups water. Bring to a boil over high heat, then reduce heat to low and gently cook uncovered for about 15 minutes to reconstitute fruit. Set aside and allow fruit to absorb more liquid if necessary. (May be prepared up to a day in advance and stored, refrigerated, in a covered container.)

2. While fruit is soaking, prepare the chicken. Preheat grill to medium-high heat. Brush grill with vegetable oil. Pound breasts to ½ inch thickness. Season with pepper and ⅛ tsp. of the salt. Grill 2 to 3 minutes, then turn and continue cooking until chicken is thoroughly cooked and juices run clear, about 2 to 3 more minutes. Transfer to a plate and tent with foil to keep warm.

3. Drain apricots and tomatoes, reserving liquid. Add additional water to make 1 cup of liquid if necessary. Set aside.

4. Heat reserved sun-dried tomato oil in a medium skillet over medium-high heat. Add celery and shallot and sauté until crisp-tender, about 2 minutes.

5. Add reserved liquid, tomato paste, and remaining ⅛ tsp. salt. Simmer over medium heat, whisking frequently until most of the liquid is reduced, about 7 to 8 minutes. Add apricots and tomatoes. Simmer until thoroughly heated, about 2 to 3 minutes.

6. To serve, place chicken on 4 plates and spoon sauce over chicken. If desired, garnish with basil sprigs and slices of fresh apricot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 260 CALORIES, 16G CARBOHYDRATES, 32G PROTEIN, 9G FAT (1.5G SATURATED), 80MG CHOLESTEROL, 240MG SODIUM, 2G FIBER

drinking to your health

"pros" and "cautions" on popular beverage choices

by Andrea MacDonald, RD, LD

THIRSTY? START with water. Sparkling or still, no-calorie water is your best beverage choice. Here's a breakdown of other options.

COFFEE

Pros. Coffee has beneficial antioxidants, and recent studies have shown that drinking up to six cups a day doesn't appear to increase certain health risks.
Cautions. People react differently to caffeine, and calories from cream and sugar add up fast.

TEA

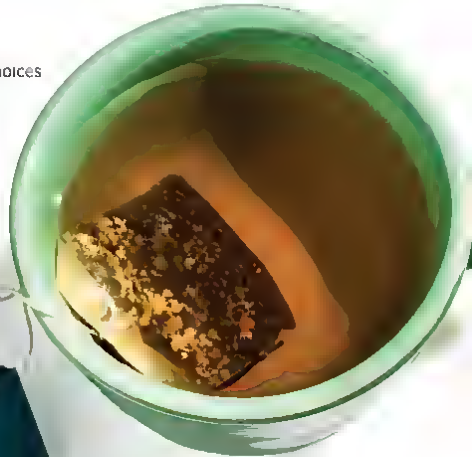
Pros. Drinking green teas may lower incidence of chronic disease.
Cautions. Sweetened iced tea drinks aren't in the "good tea" category.

JUICES AND JUICE DRINKS

Pros. Some juices, juice based drinks, and smoothies have good nutrition from vegetables and fruit and no added sugar. One serving can be part of a healthy diet.
Cautions. Some bottles contain two and three servings, so check labels. And don't rely on these drinks for your daily fruit and vegetable count — in juice form you bypass other nutritional benefits, such as fiber.

MILK AND SIMILAR BEVERAGES

Pros. For young children, whole milk is an important source of calcium and vitamin D. But I also recommend 2%, 1%, or skim milk as a source of calcium and vitamins A and D.
Cautions: If you choose a lactose free milk, be sure it's fortified.



"DIET" BEVERAGES

Pros. There is zero nutritional upside to sugar sodas, so reduced-calorie sodas can serve as a substitute — in moderation. Unlike artificial sweeteners, many newer sweeteners are natural.
Cautions. For people who are diabetic or want to lose weight, diet soda may not help with that sweet tooth craving.

SPORTS DRINKS

Pros! If you're exercising vigorously for more than 60 minutes, a sports drink can be a convenient source of electrolytes, carbohydrates and fluid.

Cautions. Be sure you're aware of sugar and calories. And know that there's a difference between balanced sports drinks and "performance" or "energy" drinks.

Andrea MacDonald, RD, LD is a Registered Dietitian at our Augusta and Gorham Maine stores.

SPRING MENU

Take advantage of Hannaford's free Healthy Living Tours! Tours by Registered Dietitians and Healthy Living Experts

Week of 5/3. Feed the Growing Workforce Snack
Week of 5/10. Digestive Wellness
Week of 5/17. Invite Healthy Living to Your Tailgate Party
Week of 5/24. Good-for-You BBQ
Week of 5/31. The Skinny on Healthy Oils
Week of 6/7. The Well Rounded Salad
Week of 6/14. Build a Better Plate
Week of 6/21. Money Saving Tips for Meal Deal and Deli
Week of 6/28. Healthy Grilling

NOTE: Classes and demonstrations are subject to change. Go to hannaford.com/dietitian for healthy living classes near you.

FACING PAGE: STRICKFORD (APPLICATIONS), RECIPE BY CHRIS HERSCHNER; PHOTOGRAPHY & MARK FERRI; FOOD STYLING: LISA E. BALAWEIG; PROP STYLING: TRAUBERG; BATALION; GUELLER CHICKERIE; TRIO PANE; SYTCHWARE (TEAL)

Bristol

Q&A

Darrell Pardy

FOUNDER AND CEO, BRISTOL SEAFOOD, PORTLAND, MAINE

For more than 20 years, Bristol Seafood has been providing Hannaford with quality fresh and frozen seafood. Bristol has recently invested millions of dollars in equipment and facility upgrades, including an on-site quality assurance lab, to ensure that only the highest-quality seafood is delivered to your local store.

– Meghan Rowley Little

What does it mean to supply "sustainable seafood"?

To us, sustainability means more than offering only sustainable species – it's also about operating responsibly. We are a founding member of the Gulf of Maine Research Institute (GMRI) and committed to continually improving our operation. Our production facility is certified by the Marine Stewardship Council (MSC), we use recyclable and biodegradable packaging whenever possible, and support Fisheries Improvement Projects in Maine.

Why is it important for seafood to be traceable?

You deserve to know exactly what you're eating. That's why all our fish is traceable back to the date it was caught and the vessel that caught it or the farm that harvested it. At Bristol we promise "seafood you can trust" and quality you can taste – Traceability is a big part of that.

How do you ensure the high quality of your seafood?

We have custom-designed, state-of-the-art equipment. Haddock is frozen on the boats to lock in freshness. At our facility an automated system gently thaws the fish before it goes to a laser-guided filleting machine and a water-chilling system throughout the plant keeps everything cold. But our team members are the real secret behind our quality. Every haddock fillet you'll find at Hannaford was trimmed and inspected by a Bristol team member. They have the same standards you do and allow only the very best to make it to your dinner table.

WINNERS OF THE 2014 "20 OUTSTANDING WOMEN" CONTEST. FRONT ROW, FROM LEFT: MARGARET DOUGHTY, ASHLEY LOWE, ALEXANDRA FUGLSI, STEPHANIE MANNERS. BACK ROW, FROM LEFT: LESLEE SWEAR, PENNACH WILLIAMS, LIZ RANCH, LESLIE SAUCIER, NICOLE JAYNES, LINDA PEEPLES, ELINEE CHASE, SUSAN BAYNE, SHARON VAS, TINA MELIA, INSET: PAMELA DIAMANTIS, SHAWNA HAYDEN.

New Hampshire's outstanding women

honoring community members who make a difference

by Erin Graham

EACH JANUARY, Hannaford's New Hampshire team kicks off the new year by honoring some of the state's unsung heroes. As the biggest sponsor of the "20 Outstanding Women" contest put on by Manchester radio station WZID, Hannaford staffers join a panel of judges from the station and other prominent businesses to select the years honorees.

The candidates are everyday women from across the state who are making notable contributions to their communities, their families, or their workplaces — contributions that often go unnoticed. "Each year it opens our eyes to the hundreds of women working quietly to improve the lives of others," says Sherri Stevens, Community Relations Specialist at Hannaford.

The program is a natural fit with Hannaford's commitment to building and sustaining healthy communities. Past honorees include a particularly passionate woman who started a program for students to encourage them to give back to the community, organized a benefit for a humane society, raised funds for the Making Strides Against Cancer walk, and collected donations for a local food pantry. Another woman started an animal shelter while being the caregiver for her husband with dementia.

The 20 winners are featured on-air during WZID's *New Hampshire in the Morning* show and are honored at a private luncheon. At the annual WZID Women's Expo, $250 Hannaford gift cards are given to the winners.

The Expo is an event that draws thousands of attendees with about 150 exhibitors, free goodie bags, raffles, keynote speakers, a cooking demo stage, and a wine garden. There's also plenty of star power, such as Rodney "The Pie Man" Henry of *The Next Food Network Star* and Tony Dovolani of *Dancing with the Stars*.

The Hannaford booth is focused on healthy living and features a registered dietitian who answers nutrition questions. There are also giveaways, fresh fruit, and lots of information on Hannaford's nutritional store tours and dietary consultations.

Lori Hamilton, Community Relations Coordinator at Hannaford, looks forward to the Expo all year. "It's so moving what these women, who come from all walks of life, do for their families and their communities," she says. She was especially impressed by a breast cancer survivor who founded the Breast Cancer Coalition in New Hampshire. "They are passionate women who reach out to people who have been in their situations to give them a hand."

The Expo showcases the impact an ordinary person can have. "These women aren't necessarily in power positions, but they're average folks who take the initiative to strengthen the fabric of our communities," says Stevens. "They care enough to go the extra mile — or 25 miles."

PAGING PAGE: SCOTT FARRANCE; THIS PAGE: COURTESY OF WZID.

FRESH IDEAS *introducing*

healthy snacking

HUMMUS IS MORE THAN DELICIOUS. When you snack on hummus, you're enjoying a nutritious boost to your daily diet that comes with protein, fiber, and unsaturated fat. Creamy hummus is typically made from garbanzo beans (chickpeas), a healthful legume that delivers protein, iron, and other nutrients along with fiber, and helps us feel full longer so we don't reach for higher calorie foods. Tahini, a paste made from lightly roasted sesame seeds, adds smoothness along with minerals and healthy fats. Olive oil, spices, and garlic round out the recipe for hummus, which is easy to vary by adding veggies and flavorings to suit any taste. Serve hummus as a dip with whole grain chips and raw veggies, as a spread with whole grain crackers, or as a healthy stand-in for mayo in sandwiches or for cream cheese on bagels. And super-smooth hummus is perfect for wraps or spread on pita bread—just add some of your favorite chopped veggies and greens and you have a hearty, wholesome snack solution.

Taste of Inspirations® Hummus
All natural Taste of Inspirations® Hummus is available in a variety of tempting flavors, including Original, Roasted Red Pepper, Black Bean, Roasted Garlic, Roasted Red Lentil, and Edamame. Our popular Original and Red Pepper varieties are also available in a convenient 4-pack.

WHAT'S NEW AT HANNAFORD

Hannaford® Baby Cut Carrots
Convenient Hannaford® Baby-Cut Carrots are a nutritious snack on their own, a great addition to a brown bag lunch, and perfect for dipping.

Hannaford® Ranch Dip
Delicious paired with chips and all sorts of raw veggies, our Ranch Dip is made with dairy fresh sour cream.

Hannaford® Italian Crema Cake
For an indulgent snack or impressive dessert, try our house made Italian Creme Cake with cream cheese icing.

Not all products are available in all stores.

Deliciously Simple.

USDA ORGANIC

LEMON PIE ICE CREAM

INGREDIENTS

3/4 cup sugar
zest from 2 lemons
1 cup Organic Valley Whole Milk OR Organic Valley Half & Half
2 cups Organic Valley Heavy Cream, separated
pinch salt
6 Organic Valley egg yolks
1 cup graham cracker crumbs
2 tbl. sugar
pinch salt
1/4 cup Organic Valley Butter, melted
3/4 cup lemon curd, homemade or store-bought

DIRECTIONS

1. Combine the sugar and lemon zest in a food processor and pulse until well combined.
2. Combine the sugar lemon zest mixture, milk, 1 cup of cream and salt in a saucepan over medium heat. Place the egg yolks in a separate bowl. When the milk mixture is warm, pour it slowly into the egg yolks, whisking constantly. Pour the mixture back into the saucepan and heat, stirring constantly, until the mixture reaches 170 degrees.
3. Pour the hot egg and cream mixture through a mesh strainer into a large bowl. Add the remaining cup of cream and vanilla. Refrigerate for several hours, or overnight, until thoroughly chilled.
4. Pre-heat the oven to 350 degrees. Combine the graham cracker crumbs, sugar and salt in a small bowl. Pour the melted butter over the mixture and stir until combined. Press into the bottom of a 9 x 9 pan or a pie pan and bake for 5-8 minutes until golden brown around the edges. Set aside to cool completely then gently break into chunks.
5. When the ice cream mixture is chilled, freeze in your ice cream maker according to the manufacturer's instructions. After churning, scoop a thin layer of ice cream into a glass or plastic container. Drizzle some lemon curd over the ice cream and sprinkle some chunks of graham crust. Top with another thin layer of ice cream and continue layering the lemon curd, graham cracker crust and ice cream until all the ice cream has been used. Cover the container with a lid and freeze until firm. Enjoy!

ORGANIC VALLEY
Bringing the Good

For more great recipes, visit www.organicvalley.coop

RECIPE RENOVATION

skinny egg rolls

crunchy and delicious, with a fraction of the fat

by Lynn Bettencourt

Egg rolls are a great appetizer for any Asian-inspired meal but when you're ordering takeout those innocent-looking veggie-packed egg rolls can contain a shocking amount of fat They are fried to a crisp in oil and the rolls soak it in A typical egg roll can contain around 10 grams of fat and 200 calories

In our recipe we've cut back on the fat by using lean chicken breast and just the right amount of oil. And our egg rolls are baked not fried The rolls still come out crispy and pair deliciously well with your favorite dipping sauce — try duck sauce sweet and sour sauce sweet chili sauce or Chinese hot mustard May be frozen

CHICKEN EGG ROLLS

SERVES 6 (12 EGG ROLLS); ACTIVE TIME 37 MINUTES
TOTAL TIME 1 HOUR 20 MINUTES

- vegetable cooking spray
- 8 oz. boneless, skinless chicken breast pounded to ¼ inch thickness
- 3 cups bagged coleslaw mix
- 1 cup shredded carrots
- 8 shiitake mushrooms stems removed finely chopped
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 2 tsp. sesame oil
- 1 tsp. minced garlic
- 1 tsp. grated fresh ginger
- 2 Tbsp reduced sodium soy sauce
- 12 large square egg roll wrappers
- duck sauce sweet and sour sauce sweet chili sauce or Chinese hot mustard (optional)

1 Heat a large skillet sprayed with cooking spray over medium-high heat. Add chicken Cook until just cooked through about 3 to 4 minutes per side

2 While chicken cooks in a large bowl combine coleslaw carrots and mushrooms

3 Transfer chicken to a cutting board and let cool slightly Finely chop and sprinkle with salt and pepper

4 Return skillet to medium high heat. Add oil garlic and ginger Cook until fragrant and lightly browned about 1 minute Add the veggie mixture to the skillet Cook until veggies have slightly softened about 3 to 4 minutes

5 Add chopped chicken to the skillet along with soy sauce Stir until well mixed and heated through about 2 minutes Remove from heat and cool for 15 to 20 minutes

6 Preheat oven to 375°F Spray a baking sheet with cooking spray or line with parchment paper

(CHICKEN EGG ROLLS)

7 Once mixture has cooled, assemble the egg rolls Set a small bowl of water on a work surface Lay out 1 egg roll wrapper Spoon ⅓ cup of mixture onto the bottom third of the wrapper Fold in the left and right sides toward the middle of the mixture Roll wrapper from the bottom over mixture continuing until it resembles a roll Secure end by dipping your fingers in water and running along the edge to seal Be sure to use enough water so roll seals well Place seam side down on baking sheet Repeat with remaining wrappers Spray tops of egg rolls with cooking spray

8 Bake until crispy and lightly browned about 20 to 23 minutes

9 Serve warm and if desired with your choice of dipping sauce

APPROXIMATE NUTRITIONAL VALUES PER SERVING 130 CALORIES 13G CARBOHYDRATES 13G PROTEIN 3G FAT (0.5G SATURATED) 30MG CHOLESTEROL 370MG SODIUM 2G FIBER

PHOTO: PAGE, PHOTOGRAPHER; SCOTT WHITAKER; FOOD STYLING, LORIE BIN; AN RAMAKRISHNA; PROPS PAGE STYLIST, LIZ VOTOLI; LIZ VOTOLI

ask the healthy cook

protein and your diet

Q&A with Anne LaPierre, MS, LD, RD

Is protein as important in your diet as some people say – especially if you are working to manage or lose weight? We asked Registered Dietitian Anne LaPierre how to think about protein in planning and managing your meals.

Q. Is it true that eating more protein can help me lose weight?

A. Protein alone may not help you lose weight, but it does contribute significantly to nutrition. Protein is probably the most satisfying of all the macronutrients, so you can eat protein rich food and feel satisfied much longer than you would after eating carbohydrate rich food. Also it takes more energy to metabolize protein than carbohydrates, so you're burning calories while you're metabolizing.

> Protein alone may not help you lose weight, but it does contribute significantly to nutrition

Q. Will I build more muscle – become leaner – if I eat more protein?

A. It's not that simple, but protein does play a role in muscle building and helps with muscle maintenance. If you are on a weight-loss plan, you don't necessarily want to be losing muscle, you want to be losing fat, so protein is important to maintaining the muscle you already have.

Q. Does it matter when I eat protein?

A. You should distribute protein intake throughout the day. Most Americans get the bulk of their protein at dinner but breakfast is a great time to have protein and jump-start the metabolism. Research suggests that people who eat a protein rich breakfast eat fewer calories throughout the day than those who have a carbohydrate rich breakfast.

Q. What are some good protein sources for people on the go?

A. Some convenient protein sources include Greek yogurt, string cheese, a handful of nuts or seeds, or even snack size containers of whole grain crackers and hummus.

Q. How much protein should I consume in a day?

A. According to the Institute of Medicine, you should get at least 10 percent of your daily calories from protein but not more than 35 percent. Specific recommendations vary according to age, gender, and activity level (with highly active people on the higher end of the scale).

spotlight on sustainable seafood

HANNAFORD IS PROUD of [illegible] sustainably sourcing all the seafood [illegible] fresh, packaged, canned — in our [illegible] developed in partnership with the Gulf of Maine Research Institute (GMRI), a nonprofit [illegible] partnership with fishermen stewardship, whose waters [illegible] New Hampshire, and Massachusetts. [illegible] Hannaford our staff and suppliers must trace [illegible] to show that their catch comes from [illegible] sustainable fisheries, you can feel good about [illegible] courtesy of Hannaford.

Q. Are all proteins the same?

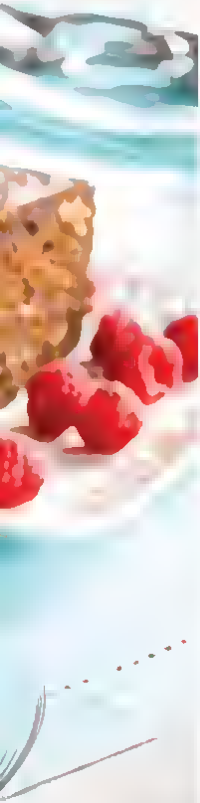
A. Protein is made up of amino acids. The "complete" proteins have all nine essential amino acids, and most are animal-based – including meat, fish, poultry, eggs, and dairy. But what matters are the amino acids. So if you are eating a variety of foods among vegetables, fruit, tofu, legumes, and grains, you will get the amino acids you need even if you don't include animal-based foods in your diet.

Anne LaPierre, MS, LD, RD, is a Registered Dietitian at our Scarborough and Falmouth, Maine, stores.

CUTTING-EDGE ADVICE

If you're like most shoppers, meat is a sizable part of your food budget – and you want to get the most value from the cuts you buy. That's where your Hannaford butchers can help. Friendly, knowledgeable Butcher Shop associates are well trained and take pride in their craft. What's more, they are there to help and are always happy to answer questions like these: What kind of meat works best in this recipe? How much should I buy? What's the best way to prepare a particular cut? Their know-how, cooking advice, and tips on making the most of your meat selections are available at the meat counter for the asking.

(CHOCOLATE LOAF CAKE NOIR)



dessert recipe contest winners

Meet the winners of our Family Favorite Dessert Recipe Contest

Savoring the Sweetness in Our Lives

BY MONICA VELGOS • PHOTOGRAPHS BY GEORGE BENINGTON

For this year's contest, we asked *fresh* readers to share the original recipes for show-stopping sweets that you make for special family events – and your most requested weeknight desserts, too. A bountiful bundle of contributions came in (thank you!), with the nine most creative and delicious recipes rising to the top in the judges' testing. It was great to learn that a majority of our winners had never entered a recipe contest before. We're glad you were inspired!

But we learned something else even more gratifying. We discovered that when it comes to dessert, the definition of family extends beyond your own homes and relatives. Turns out you also share your time-tested treats with coworkers, congregations, classmates, kids down the street, and, in the case of Honorable Mention winner Lynda Nelson, the local volunteer fire department.

Brightening the lives of those you love and live among appears to be one of the dessert maker's main motivations. As third place winner Laura Withers puts it, "I think part of my enjoyment of baking is watching everyone else enjoy what I put my heart into."

dessert recipe contest winners

GRAND PRIZE

Wanda Carlisle
of Strong, Maine
wins a $1,000 Hannaford Gift Card

Maine native Wanda Carlisle has never been intimidated in the kitchen. "I've been cooking and baking for the family since I was 12," she says, "and the very first thing I made was yeasted doughnuts." Still, she was completely surprised to win the top prize. "My intention if I won was to give the prize to one of my sisters, so I'm triply thrilled."

Wanda's interests in hiking and snowshoeing take her and her husband from trails out their own backdoor to pretty much anywhere, most often to the homes of their children and her four siblings. "I do two things wherever I go: I hike and I cook," she says.

Her creative approach seems to borrow from her travel sense. "Sometimes if you cook and you try out new things, you're conscious of wanting to be adventurous but you know you've got to stop at a certain point, before you add too many ingredients," she says. "This recipe hit it just right."

Judges praised not only how easy the cake is to make but also how moist and dark it is, without it being too rich or heavy. "Ingredients in the combination of chocolate and coffee and prunes are all familiar," Wanda points out, "and they enhance the flavor of chocolate. Even people who don't like cake like this one."

CHOCOLATE LOAF CAKE NOIR

SERVES 10
ACTIVE TIME: 18 MINUTES
TOTAL TIME: 1 HOUR 25 MINUTES

May be frozen

Cake

- ½ cup chopped prunes
- ½ cup brewed coffee
- vegetable cooking spray
- 3 Tbsp. plus ¼ cup sugar, divided
- ⅓ cup canola oil
- 2 eggs
- ½ cup applesauce
- ¼ cup water
- ⅓ cup unsweetened cocoa powder
- 1½ cups all-purpose flour
- 1 ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ½ cup mini semisweet chocolate chips
- ⅓ cup shredded coconut
- vanilla ice cream (optional)

Raspberry-Rum Sauce (optional)

- 12 oz. fresh or frozen raspberries
- 2 Tbsp. dark rum
- 2 tsp. sugar or to taste

1. In a small bowl, combine prunes and coffee. Microwave for 1½ minutes. Set aside.
2. Preheat oven to 325°F. Spray a 9-by-5-inch loaf pan with cooking spray. Sprinkle 3 Tbsp. of the sugar over the pan, and tilt and shake to coat inside of pan. Discard excess sugar.
3. In a large bowl, whisk together remaining ½ cup sugar, oil, eggs, applesauce, water, and cocoa. With a fork or spoon, mash together the prunes into the coffee. Add to the large bowl and stir mixture until well blended.
4. Using a spoon or rubber spatula, stir in flour, baking powder, baking soda, and salt, mixing until smooth. Stir in chocolate chips and coconut.
5. Pour into prepared pan. Bake until a tester inserted in the center of the loaf comes out clean, about 50 to 55 minutes. Cool in pan 10 minutes, then remove cake from pan and cool on a rack.
6. While cake bakes, prepare the sauce if desired. Combine raspberries, rum, and sugar in a medium saucepan and cook over medium heat, stirring to break up berries. Cook until sugar dissolves, then remove from heat.
7. Serve warm or at room temperature, cut into slices. If desired, top with a vanilla ice cream scoop and ladle with raspberry sauce.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
390 CALORIES, 50G CARBOHYDRATES, 5G PROTEIN, 20G FAT (4.5G SATURATED), 35MG CHOLESTEROL, 200MG SODIUM, 3G FIBER

(GERMAN APPLE CRUMB CAKE)

SECOND PRIZE

Eva Crowley
of Allleboro Mass.
wins a $750 Hannaford Gift Card

"My mother was born in Germany and she got this recipe from her mother" explains Eva Crowley "I've been making it since I was a teenager I even once made 15 of them when the president of UMass ate in the dining room of my dorm He let me know how much he enjoyed the cake That was a very proud moment for me!"

A busy interior designer Eva is often asked to make dessert for events that she and her husband attend with family or friends "Just like design baking for me is a very creative process" she says

Judges noted the cake tastes like apple pie but is easier and faster to make "In Germany they don't use cinnamon with apples" Eva says "just lemon and sugar I added the cinnamon to the recipe but it can be left out

GERMAN APPLE CRUMB CAKE (KRUMMELTORTE)

SERVES 16
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 1 HOUR 50 MINUTES (INCLUDING COOLING TIME)

May be frozen

vegetable cooking spray
2 lbs baking apples such as Granny Smith or Gala (about 6 to 7)
1 Tbsp. lemon juice
1 cup plus 2 tsp. sugar (or to taste) divided
1 tsp ground cinnamon or to taste
1 cup (2 sticks) unsalted butter
1 tsp. vanilla extract
1 egg
pinch of salt
3½ cups all-purpose flour
4 tsp baking powder
confectioners sugar for garnish (optional)
vanilla ice cream (optional)
caramel sauce (optional)

1 Preheat oven to 350°F Spray a 10- to 12 inch springform pan with cooking spray
2 Pare and core apples Cut into thin slices Place in a large bowl and toss with lemon juice (to keep from browning) In a small bowl combine 2 tsp of the sugar and the cinnamon mix to blend Then sprinkle over apples and toss to distribute If desired add more sugar and cinnamon to taste Set aside
3 In a large bowl use an electric mixer on medium-high speed to cream together butter and remaining 1 cup sugar until light and fluffy Add vanilla egg and salt Mix well
4. In a separate bowl stir together flour and baking powder Beat half the flour mixture into the butter mixture with the mixer until blended Add remaining flour mixture and knead by hand to combine Dough will be stiff Divide dough in half
5 Pat half the dough into prepared pan along the bottom and up the sides 1½ inches Use a slotted spoon to transfer apples on top of the dough being careful not to add any juices that may have formed. Crumble remaining dough to cover apples Pat down gently Bake until pale gold 40 to 55 minutes depending on the pan used.
6 Let cool at least 30 minutes in the pan on a wire rack Remove sides of the springform pan If desired sift confectioners sugar over the top Serve warm or at room temperature cut into wedges. If desired serve with ice cream and drizzle with caramel sauce

APPROXIMATE NUTRITIONAL VALUES PER SERVING
280 CALORIES 40G CARBOHYDRATES 3G PROTEIN 12G FAT (7G SATURATED) 48MG CHOLESTEROL 140MG SODIUM 1G FIBER

dessert recipe contest winners

THIRD PRIZE

Lanra Withers
of Manchester N H ,
wins a $500 Hannaford Gift Card

Lanra Withers spends considerable time tweaking her dessert creations and testing them on her family She describes her recipe as a brownie experiment that seemed more a cross between a brownie and a flourless chocolate cake " So she began baking it in a round cake pan and glazing the top "Its easy enough that it's not a big deal to whip up for a Friday treat in the office " she says "yet it looks and tastes decadent enough to bring to dinner at a friend's house."

Laura is not as interested in cooking as in baking. "If I could make brownies and cookies for dinner every night I would!" she says A vegetarian she appreciates "that Hannaford buys from local farms and clearly labels those items so if you want to support your local farmers you can do it very easily." She also likes to spend time outdoors which complements her baking "Walking, hiking, hiking — anything I can do to work off all the chocolate!" she says.

LAURA'S BROWNIE TART

SERVES 12
ACTIVE TIME 20 MINUTES
TOTAL TIME 55 MINUTES

If you don't have a springform pan use a regular cake pan. May be frozen.

Brownie Tart

- 6 Tbsp unsalted butter plus additional for greasing the pan
- 3 oz. unsweetened chocolate, chopped
- 9 oz. bittersweet chocolate chips or chopped bittersweet chocolate
- ½ cup light or dark brown sugar packed
- 3 Tbsp. olive oil
- 3 Tbsp. Kahlua or other coffee liqueur
- ¾ cup sugar
- 3 eggs
- 1 egg white
- ½ cup all-purpose flour
- ⅛ tsp baking powder
- ¼ tsp coarse sea salt
- sprinkle of ground cinnamon (optional)
- unsweetened cocoa powder or confectioners' sugar (optional)
- whipped cream and chopped dark chocolate (optional)

Chocolate Glaze (optional)

- ½ cup evaporated milk
- 1 Tbsp unsalted butter
- 2 Tbsp corn syrup
- 1 cup bittersweet chocolate chips
- ½ tsp vanilla extract or 1 to 2 tsp. Kahlua spiced rum or Grand Marnier

1 Prepare the brownie tart Preheat oven to 350°F Butter an 8- or 9-inch springform pan line bottom with parchment then butter parchment

2 In a medium saucepan over low heat slowly melt butter and both chocolates. Stir occasionally until chocolate chunks are just melted (do not overmelt or overheat) Remove from heat and stir until smooth

3 Stir in brown sugar oil and Kahlua until incorporated set aside to cool slightly

4 In a medium bowl use an electric mixer on medium speed or a whisk to beat sugar eggs and egg white until frothy and light Fold into chocolate mixture

5. In a small bowl mix flour baking powder salt and cinnamon if using Fold flour mixture into chocolate mixture until incorporated Pour batter into prepared pan and bake until set about 25 to 30 minutes

6 Let tart cool for 15 minutes on a wire rack then run a butter knife around the edges and release the pan sides but don't remove just let it continue to cool as is Once fully cooled remove pan sides and invert brownie onto a serving plate Remove parchment from bottom and discard

7 If glazing the brownie, leave it bottom side up for a nice flat surface If not glazing, invert to right side up position and dust with unsweetened cocoa powder or confectioners sugar if desired

8 If desired, prepare the chocolate glaze In a small saucepan combine evaporated milk butter and corn syrup and cook over medium low until butter is melted. Remove from heat. Add chocolate and let it sit for 30 seconds then whisk until smooth.

9 Add vanilla or liqueur and stir gently to blend Let cool to room temperature about 5 minutes (it will thicken a little) whisk and pour over center of brownie tart Use a flat spatula to spread a thin even layer letting it drip down the sides. Let glaze set for about 30 minutes then cut tart into wedges and serve topped with a dollop of whipped cream and sprinkling of chocolate if desired

APPROXIMATE NUTRITIONAL VALUES PER SERVING
350 CALORIES 36G CARBOHYDRATES, 5G PROTEIN 23G FAT (9G SATURATED) 80MG CHOLESTEROL, 80MG SODIUM 2G FIBER

HONORABLE MENTION

Lynda Nelson
of Barrington, N.H.,
wins a $50 Hannaford Gift Card

"My husband came home and told me somebody had brought these wonderful cookies into work," says special education teacher Lynda Nelson. "I decided to put together a recipe for cookies that would be just as good." The result, after much tweaking to make it her own, was a decadent delight praised by judges for its one-bowl ease and excellent combination of nuts and chocolate chips. "People like toffee bits," Lynda says (our judges did, for sure) "but you can leave them out."

When she's not teaching (and bringing in baking experiments for the schools staff) Lynda does obedience training with her dogs. She also bakes once a week for the volunteer fire department. "I use them as guinea pigs for recipes I want to try differently, but they like everything, so they're not so good about telling me what I should change."

TRIPLE CHOCOLATE CHIP AND MIXED NUT COOKIES

MAKES ABOUT 4 1/2 DOZEN (27 SERVINGS)
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 1 HOUR 22 MINUTES

May be frozen

- 3/4 cup (1 1/2 sticks) unsalted butter, softened
- 1 1/4 cups sugar
- 3 eggs
- 1/2 cup unsweetened cocoa powder
- 2 tsp. vanilla extract
- 3/4 tsp. baking powder
- 1/2 tsp. salt
- 2 cups all-purpose flour
- 1 cup white chocolate chips
- 1/2 cup milk chocolate chips
- 1/2 cup semisweet chocolate chips
- 3/4 cup toffee and milk chocolate bits (such as Heath Bar)
- 2 cups mixed roasted nuts (including macadamias, cashews, almonds, pecans)

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In a large bowl, use an electric mixer on medium-high speed to cream butter and sugar until light and fluffy. Add eggs one at a time, mixing well after each. Add cocoa and vanilla extract, and mix well.
3. Add baking powder, salt, and flour, stir until just mixed. Add all three kinds of chocolate chips, toffee bits, and nuts, and stir until well distributed.
4. Drop dough by rounded teaspoonfuls onto prepared baking sheets, about 2 inches apart. Bake until cookies are firm to the touch, about 10 to 14 minutes. Cool completely on a wire rack. Store in an airtight container.

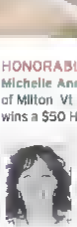
APPROXIMATE NUTRITIONAL VALUES PER SERVING
290 CALORIES, 31G CARBOHYDRATES, 5G PROTEIN, 18G FAT (8G SATURATED), 40MG CHOLESTEROL, 134MG SODIUM, 2G FIBER

(TRIPLE CHOCOLATE CHIP AND MIXED NUT COOKIES)

(OREO BROWNIE CUPS)

HONORABLE MENTION

Michelle Anemikos
of Milton, Vt.
wins a $50 Hannaford Gift Card



One day Michelle Anemikos overheard her daughter and her daughters friend talking about what they liked. "They said, 'Oh, I like Oreos.' Oh, I like brownies," she remembers. "Then I thought, 'Well, I like peanut butter,' so that's how the recipe came about." She also emphasizes that Double Stuf Oreos are the way to go. "The regular are fine but not as good as the double," she says.

This gardener and photographer mom of three contributes to bake sales and birthdays but she actually prefers cooking, explaining, "My sister is the designated baker at family events." Nevertheless, judges were wowed by her entry. Others have been won over too. "All my daughters' friends ask for them now."

Because her husband is Greek, Michelle likes to adapt Greek recipes, as well as try new recipes. She buys all her deli meats at Hannaford and says, "Taste of Inspirations® has a really good garlic olive oil."

OREO BROWNIE CUPS

SERVES 20
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES

May be frozen

- vegetable cooking spray
- 1 cup (2 sticks) unsalted butter
- 7 oz. semisweet chocolate, chopped
- 2¼ cups sugar
- 1½ cups all-purpose flour
- 1⅔ cups unsweetened cocoa powder
- 1 tsp. baking powder
- 1⅛ tsp. salt
- 1 Tbsp. vanilla extract
- 4 eggs, lightly beaten
- 10 tsp. creamy peanut butter, plus additional for optional garnish
- 20 Double Stuf Oreos
- mini Oreos for garnish (optional)

1. Preheat oven to 350°F. Spray 20 cups of 2 (12-cup) muffin pans with cooking spray or line with paper liners.
2. Place butter in a medium microwave-safe bowl and cut each stick into 6 to 8 pieces. Add chopped chocolate and heat on high for 1 minute. Stir until fully melted; if needed, return to microwave and heat for 10 to 20 additional seconds. Stir until smooth, then add sugar and continue to stir for another minute until blended. Let cool for about 2 minutes.
3. While mixture is cooling, whisk together flour, cocoa, baking powder, and salt in a large bowl.
4. Reheat chocolate mixture on high in the microwave until it becomes shiny when you stir it, about 30 seconds – this will let the sugar melt and create a shiny top to the brownies. Pour mixture into bowl with dry ingredients. Add vanilla. Slowly add eggs and stir until smooth with a wooden spoon. Place a tablespoon of batter into each of the prepared muffin cups.
5. Spread about ½ tsp. peanut butter on one side of each Oreo. Place 1 Oreo, peanut butter side down, on top of the batter in each muffin cup.
6. Divide remaining batter among the 20 muffin cups, making sure batter covers each Oreo completely.
7. Bake until a toothpick inserted along the side of one of the cupcakes comes out clean, about 17 to 22 minutes.
8. Cool brownie cups in the pan for 5 to 10 minutes to ensure that they will not fall apart when you take them out. Gently remove brownies from pan and place on a wire rack to cool. Serve warm or at room temperature, garnished with a dab of peanut butter and a mini Oreo if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 50G CARBOHYDRATES, 5G PROTEIN, 19G FAT (9G SATURATED), 60MG CHOLESTEROL, 250MG SODIUM, 3G FIBER

HONORABLE MENTION

Andrea Adamczyk
of Delmar N.Y.
wins a $50 Hannaford Gift Card

As Andrea Adamczyk tells it, her family's favorite recipe began as a chocolate and graham cracker dessert quickly thrown together for her two young girls one Friday evening. It evolved into a beloved dessert requested by relatives for birthdays.

Andrea says that the tart, which doesn't have to go in the oven, provides "a huge bang in terms of deliciousness for the little amount of time it takes." Judges called the caramel and chocolate confection "amazing," "honestly so good," and reminiscent of "eating truffles."

A 5Rhythms dance instructor and volunteer costumer for a local school, Andrea followed her husband while his career took him to Texas, Toronto, and England. Because she also loves to cook, Andrea appreciates Hannaford's International foods aisle. "I do like to make a good curry," she says, "and Hannaford has everything I need."

GRAHAM CRACKER HOOPLA

SERVES 24

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 2 HOURS (INCLUDING CHILLING TIME)

If short on time, use a ready-made graham cracker crust. May be frozen.

(GRAHAM CRACKER HOOPLA)

Crust

- ¾ cup (1½ sticks) unsalted butter, melted
- 2 cups graham cracker crumbs

Caramel Layer

- 2 Tbsp. unsalted butter
- 20 caramels
- ½ cup semi-sweet chocolate chips
- ⅓ cup plus 2 Tbsp. heavy cream

Chocolate Ganache Layer

- 12 oz. 70 percent dark chocolate, chopped
- 1½ cups heavy cream
- 1 Tbsp. graham cracker crumbs

Garnishes (optional)

- whipped cream
- raspberries

1. Prepare the crust: In a medium bowl, stir together butter and crumbs. Press into bottom of a 9-inch springform pan and chill.
2. Prepare the caramel layer: In a medium saucepan, combine butter, caramels, chocolate chips, and cream. Heat over medium-low heat until everything is melted, stirring occasionally. Remove from heat and stir until smooth. Pour over graham cracker crust and chill.
3. Prepare the ganache: Combine chocolate and cream in a medium saucepan and heat over medium-low heat until chocolate just begins to melt. Remove from heat and stir until smooth. Pour ganache over caramel layer. Sprinkle the top with graham cracker crumbs and chill until firm, for at least 1 hour.
4. To serve, cut the tart into narrow wedges (it will be very rich!). If desired, top each wedge with a dollop of the whipped cream and raspberries. Serve chilled and store in the refrigerator.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 290 CALORIES, 21G CARBOHYDRATES, 3G PROTEIN, 23G FAT, 13G SATURATED, 45MG CHOLESTEROL, 65MG SODIUM, 2G FIBER

dessert recipe contest winners

HONORABLE MENTION

Nancy Wiggin
of Silver Lake, N.H.,
wins a $50 Hannaford Gift Card

Nancy Wiggin uses both regular and dark cocoa in her winning cake recipe. "The two cocoas give it a depth and richness and kind of a chocolaty flavor that stays with the taster for a little bit," she says. With grated zucchini adding moistness and both fresh and preserved raspberries providing a fruity kick, her unusual Bundt creation scored high points with our judges especially because it is also easy to make.

A hospital nurse administrator by day and Zumba instructor by night, Nancy shares her love of cooking and baking learned at her great grandmother's side with her own grandchildren, and has spent years baking for school fundraisers, birthday parties, church events, friends' anniversaries, and work gatherings.

"Hannaford carries a wide variety of baking ingredients," she says. "Sometimes in their specialty food section there are imported items that have a little richer flavor that mix well with other more common ingredients."

CHOCOLATE RASPBERRY ZUCCHINI CAKE

SERVES 12
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES

May be frozen

Cake

- vegetable cooking spray
- 2½ cups all-purpose flour, plus additional for dusting the pan
- ¾ cup dark unsweetened cocoa powder (such as Hershey's Special Dark)
- ¼ cup unsweetened cocoa powder
- 2½ tsp. baking powder
- 1½ tsp. baking soda
- 1 tsp. salt
- ¾ cups (1½ sticks) unsalted butter, softened
- 2 cups sugar
- 4 eggs, beaten
- 2 tsp. vanilla extract
- 6 oz. fresh raspberries
- 3 cups grated zucchini
- ½ cup seedless raspberry preserves

Glaze

- 1 cup confectioners' sugar
- ⅓ cup dark unsweetened cocoa powder (such as Hershey's Special Dark)
- ¼ cup milk
- ½ tsp. vanilla extract

1. Prepare the cake: Preheat oven to 350°F. Spray a Bundt pan with cooking spray and dust with flour.
2. In a large bowl, combine flour, both cocoas, baking powder, baking soda, and salt. Whisk to combine thoroughly.
3. In a second large bowl, use an electric mixer on medium-high speed to beat butter and sugar until light and fluffy. Add eggs and vanilla and beat well.
4. Set aside 12 raspberries to use for garnish, then add remaining raspberries, zucchini, and preserves to butter mixture and stir to combine.
5. Stir in dry ingredients, then beat on medium speed for 3 minutes. Pour into prepared pan and bake until a tester inserted in the middle of the cake comes out clean, about 55 to 60 minutes. Cool in pan for 10 minutes, then invert and cool completely on wire rack.
6. When cake is cool, prepare the glaze. In a medium bowl, stir together all glaze ingredients until well blended and smooth. Drizzle over cooled cake. Garnish with reserved raspberries, cut cake into slices, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 460 CALORIES, 82G CARBOHYDRATES, 7G PROTEIN, 15G FAT (9G SATURATED), 90MG CHOLESTEROL, 500MG SODIUM, 4G FIBER

(CHOCOLATE RASPBERRY ZUCCHINI CAKE)

HONORABLE MENTION

Amy Stedman
of Ashland, Maine
wins a $50 Hannaford Gift Card

After enjoying a mascarpone cake at a restaurant with her husband, Amy Stedman decided to come up with her own version, tinkering with a recipe she found online. She added extra lemon flavor and fruit to the cake, and then topped it with crumbs: a lemony mascarpone icing and fresh berries. "I thought the crumb topping under the icing added a little something different," she says. Judges agreed, noting the nice crunch under the delicious frosting, which won raves.

Working as an education technician and dance instructor in her native Ashland, Amy was a third place winner in our Healthy Recipes for Kids contest in 2013. "I enjoy cooking and baking," she says. "I have a daughter and son and husband and we often have friends and family over for meals."

MIXED BERRY LEMON MASCARPONE CAKE

SERVES 10
ACTIVE TIME: 1 HOUR
TOTAL TIME: 2 HOURS, 40 MINUTES (INCLUDING COOLING TIME)

May be frozen without the fresh berry topping.

Crumb Topping

- ½ cup all-purpose flour
- ¼ cup sugar
- grated zest from 1 lemon
- 2 Tbsp. unsalted butter, melted

Cake

- vegetable cooking spray
- ¾ cup milk
- 1 Tbsp. apple cider vinegar
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. sea salt
- 1 (3.4 oz.) pkg. lemon instant pudding mix
- 2 lemons
- ½ cup canola oil
- 1½ cups sugar
- 3 eggs
- 1 tsp. lemon extract
- 1 cup mixed frozen berries (any combination of raspberries, blackberries, blueberries, and quartered strawberries)

Frosting

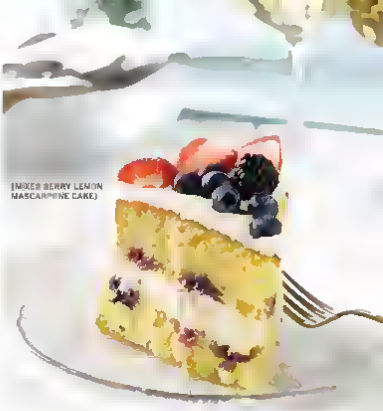
- 1 lemon
- 24 oz. mascarpone
- ¼ cup half-and-half
- 1½ cups confectioners' sugar, or to taste

Garnish (optional)

- 1 pint strawberries, hulled and halved
- 1 cup fresh blueberries
- 1 cup fresh raspberries or blackberries

1. Prepare the crumb topping. In a medium bowl, combine all ingredients. Mix together with a fork or pastry blender until blended and crumbly. Set aside.
2. Prepare the cake. Preheat oven to 350°F. Spray 2 (9-inch) round cake pans with cooking spray.
3. In a small bowl or glass measuring cup, stir together milk and vinegar. Set aside to thicken.
4. In a large bowl, whisk together flour, baking powder, baking soda, salt, and pudding mix. Set aside.
5. Grate the zest from 1 lemon into another large bowl. Squeeze the juice from both lemons into bowl. Add oil, sugar, eggs, and lemon extract, and blend together using an electric mixer on medium-high speed.
6. Add half the flour mixture, blending on low just until incorporated. Add milk-vinegar mix (which will look curdled; this is OK) and mix to blend. Add remaining flour and mix until combined. Divide batter evenly between the two prepared pans. Sprinkle half the frozen fruit evenly over each pan. Sprinkle crumb topping just on one cake. Bake until toothpick inserted into center of cakes comes out clean, about 30 to 40 minutes.
7. While cakes bake, prepare the frosting. Grate zest and squeeze juice from the lemon into a large bowl. Add remaining ingredients and use an electric mixer on medium speed to blend until well combined. Refrigerate at least 1 hour.
8. When cakes are done, cool in the pan on wire racks for 10 minutes. Invert cakes onto a plate, then reinvert onto the wire racks, top side up and cool to room temperature.
9. Once cakes have cooled and frosting has set, assemble the cake. Place cake without crumbs bottom side up on a serving plate. Top with at least 1½ cups frosting, and spread gently to the edge of the cake. Top with second cake, crumb side up. Cover the top cake and sides with frosting. If desired, decorate with fresh berries: place strawberry halves on a ring along the top of the cake, fill in the ring with blueberries and raspberries or blackberries. Refrigerate cake for at least 20 minutes to set. Cut into wedges and serve. Store in the fridge.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
790 CALORIES, 45G CARBOHYDRATES, 11G PROTEIN, 48G FAT (30G SATURATED), 145MG CHOLESTEROL, 410MG SODIUM, 2G FIBER



(MIXED BERRY LEMON MASCARPONE CAKE)

dessert recipe contest winners

HONORABLE MENTION

Viren Sapat
of Falmouth, Maine
wins a $50 Hannaford Gift Card

"We all love dark chocolate and believe in its virtues," says Viren Sapat of his family, which includes his wife and two daughters, all of whom love to bake and cook together. A winner of several prizes in our annual recipe contest over the years, Viren is an avid bread baker who admits he spends a lot of time in the baking aisle. "We always like to add nut flour when possible he notes of his winning recipe.

This rich and delicious flourless torte is a family favorite. "We've made it for a number of years now during our anniversary week," says Viren. "It keeps well, and we think it tastes even better the next day."

A quality assurance analyst and native of India, Viren is fond of Hannaford's store-brand products. "And they have great cilantro which we buy in bunches to make chutney."

CHOCOLATE ESPRESSO ANNIVERSARY TORTE WITH BITTERSWEET GLAZE

SERVES 8
ACTIVE TIME: 22 MINUTES
TOTAL TIME: 1 HOUR 40 MINUTES (INCLUDING COOLING TIME)

May be frozen

Torte

- vegetable cooking spray
- ½ cup unsweetened cocoa powder, plus additional for dusting the pan
- 4 oz. semisweet chocolate, broken into pieces
- 2 Tbsp. coffee liqueur, plus a little more to brush on torte
- ½ cup (1 stick) salted butter, cut into slices
- 3 eggs
- ⅔ cup light or dark brown sugar, packed
- 1 tsp. vanilla extract
- ¼ tsp. almond extract
- ½ cup finely ground almonds or almond meal flour

Bittersweet Glaze

- 5 oz. bittersweet chocolate (such as 60 percent), chopped
- 2 Tbsp. salted butter

Garnishes (optional)

- whipped cream flavored with coffee liqueur
- chocolate-covered coffee beans

1. Prepare the torte. Preheat oven to 350°F. Spray an 8-inch round pan with cooking spray and dust with cocoa.
2. Place chocolate in the top of a double boiler over medium-low heat. Water in bottom pan should be barely simmering. Heat until chocolate melts. Add liqueur and butter and stir until smooth. Remove from heat.
3. In a medium bowl, use an electric mixer on medium speed to beat together eggs and brown sugar. Alternatively, use a whisk. Mix in vanilla and almond extracts.
4. In a separate small bowl, whisk together almond meal and cocoa until blended, with no lumps. Add to egg mixture, followed by the melted chocolate mixture, and stir batter until smooth, either with a spoon or with electric mixer on low. Pour batter into prepared pan and tap to eliminate bubbles. Bake until firm in center, about 25 to 27 minutes. Cake may rise unevenly but will deflate when removed from the oven.
5. Cool cake in pan completely on a wire rack. Invert onto a serving plate and brush lightly with coffee liqueur.
6. Prepare the glaze. Place chocolate and butter in the top of a double boiler over medium-low heat. Water in bottom pan should be barely simmering at this point. Heat until chocolate begins to melt. Remove from heat and stir until smooth. Spread over surface of the torte. Let set at room temperature until firm, then cut into wedges and serve. Top each wedge with a dollop of whipped cream and chocolate-covered coffee beans if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 430 CALORIES, 42G CARBOHYDRATES, 8G PROTEIN, 29G FAT (18G SATURATED), 109MG CHOLESTEROL, 170MG SODIUM, 3G FIBER

(CHOCOLATE ESPRESSO ANNIVERSARY TORTE WITH BITTERSWEET GLAZE)

Have questions about your health?

Hannaford's team of wellness professionals is here for you.

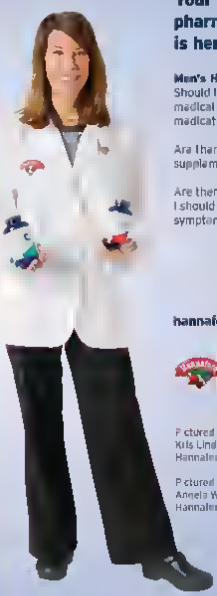
Your Hannaford registered dietitian is here to help.

Women's Health:
What calcium rich foods should I eat and how much vitamin D do I need for strong bones and to prevent osteoporosis?

What vitamin should I take with iron to maximize absorption and keep my energy levels up?

If pregnancy is in my near future, how many milligrams of folic acid do I need, and when should I begin taking folic acid?

hannaford.com/dietitians



Your Hannaford pharmacist is here to help.

Men's Health:
Should I avoid any foods or other medications while taking my prostate medication?

Are there any vitamins or herbal supplements for prostate health?

Are there any over-the-counter items I should avoid if I have prostate symptoms?

hannaford.com/pharmacy

Pictured left:
Kris Lindsey, MPH, RD, LD
Hannaford Online Dietitian

Pictured right:
Angela Williams, RPh
Hannaford Pharmacist

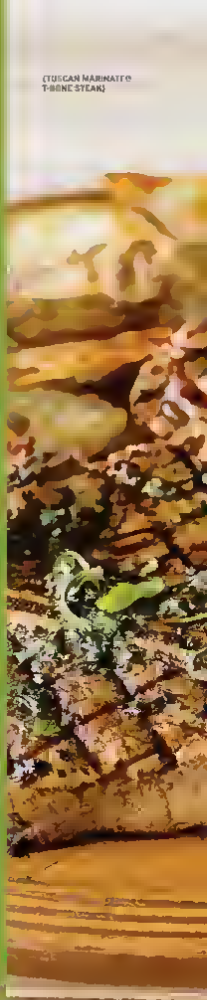
Steak trumps burgers on Dad's Day

UP YOUR GRILL GAME

BY CHRISTINE BURNS RUDALEVIGE
PHOTOGRAPHS BY SCOTT DORRANCE

P[illegible]y grilled steak in front of the hungry dad in your [illegible] [illegible]ease him on Father's Day. But want to do him one b[illegible] [illegible] easy ways to take your steak game to the next level. [illegible] You can rub it with a concoction of intriguing spices or [illegible] [illegible]ade before it hits the heat. Or top it with a pat of [illegible] [illegible] it with a tangy herb sauce after you pull it off the grill. [illegible] offer simple formulas for accomplishing each of these [illegible] [illegible]ns, none of which require more than 30 minutes of ha[illegible] [illegible]le adaptable to allow for personal taste and availability of [illegible] Spicy Three Pepper Rubbed Rib Eye includes chipotle chili [illegible] smoky, medium hot heat of dried jalapeno peppers, but if your [illegible] or a heat-seeker use cayenne instead. And if he likes a milder steak, [illegible] paprika offers smoke without fire.

We've paired each technique with a specific cut of beef, but these are loose guidelines. For example, our Chimichurri Sauce – a piquant mix of herbs, chilies, garlic, and vinegar – can be served as a condiment with all cuts of grilled broiled, or pan-fried beef. It also works well drizzled on a deli roast beef sandwich. If your dad, or anyone else at the Father's Day least, doesn't eat beef, all these recipes are also well suited for grilled chicken, lamb, pork, and meaty fish, like swordfish, tuna, and salmon.



(TUSCAN MARINATED T-BONE STEAK)

TUSCAN MARINATED T-BONE STEAK

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES

The T-shaped bone in this cut separates the tender New York strip steak from the beef tenderloin. When it's marinated in a blend of herbs, olive oil, garlic, and balsamic vinegar, you've got *bistecca fiorentina*, a classic presentation served in Florence, Italy.

- ¼ cup olive oil
- 5 cloves garlic, minced
- 2 Tbsp. minced fresh parsley
- 1 Tbsp. minced fresh basil
- 1 tsp. chopped fresh rosemary
- 1 tsp. chopped fresh thyme leaves
- ¼ tsp. kosher salt, or to taste
- ½ tsp. ground white pepper
- 1 Tbsp. balsamic vinegar
- 2 (¾-inch thick) T-Bone or Porterhouse steaks
- fresh herb sprigs for garnish (optional)
- 4 lemon wedges (optional)

1 Whisk together oil, garlic, parsley, basil, rosemary, thyme, salt, pepper, and vinegar in a glass or ceramic dish big enough to hold steaks in a single layer. Reserve 2 Tbsp. of the marinade in a small bowl. Place steaks in dish with remaining marinade and turn them once to coat. Cover and set aside for 1 hour.
2 Preheat grill to medium heat. Remove steaks from dish and discard that marinade. Place steaks directly on grill grate. Cook for 6 to 10 minutes, turn and cook for an additional 6 to 10 minutes for medium rare to medium doneness.
3 Transfer meat to a cutting board and let rest for 5 minutes. Use a sharp knife to cut both the strip steak and the tenderloin pieces of meat from the bone, then cut all meat against the grain into ½-inch slices. Transfer to a serving plate and drizzle with reserved marinade. If desired, garnish with herb sprigs and lemon wedges on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
510 CALORIES, 2G CARBOHYDRATES, 32G PROTEIN, 40G FAT (12G SATURATED), 160MG CHOLESTEROL, 211MG SODIUM, 0G FIBER

COMPOUND BUTTER CONCOCTIONS

Using seasoned butter to dress up grilled meat is a classic French technique called *beurre composé*, or compound butter. Flavorful ingredients are creamed into butter which is then chilled into a log sliced into thin discs, and served on top of steaks, poultry, and fish. The compound butter melts and mingles with the food's own juice to form a flavorful sauce. Follow these steps:

- Depending on your taste, use either salted or unsalted room temperature butter. Cream the butter using a wooden spoon or an electric mixer.
- Liquids, such as lemon juice or hot sauce, should be whipped into the butter first.
- Cooked ingredients (such as sautéed shallots) should be cooked until dry and cooled before being added to the butter.
- Add spices, herbs, and raw ingredients that are minced, grated, or finely chopped last.
- Wrap compound butter in a butter wrapper, waxed paper, or parchment. Chill until firm.

Compound butters can be stored in the refrigerator for a week or in the freezer for up to two months.

Try the following combinations. For 6 servings, start with ¼ cup (½ stick) butter.

- **Anchovy Lemon**
  1 tsp. lemon juice, ½ tsp. grated lemon zest, and 2 anchovies, minced
- **Garlic and Fresh Herb**
  1 tsp. each minced garlic, rosemary, sage, and thyme leaves, and ¼ tsp. freshly ground black pepper
- **Chipotle Orange**
  1 tsp. each minced chipotle in adobo sauce, orange juice, and grated orange zest, and ¼ tsp. ground cumin
- **Parsley and Steak Sauce**
  1 tsp. steak sauce (such as A1), 1 Tbsp. minced parsley, and ¼ tsp. freshly ground black pepper
- **Spicy Lime**
  1 tsp. each sriracha, lime juice, grated lime zest, minced cilantro, and minced shallot

ASK THE BUTCHER

Q. What tips can you give me for grilling a strip steak?

A. Strip steak is an excellent choice for the grill. It's very tender with just enough marbling. I like to rub the steak with garlic or kosher salt and finely ground pepper, then let it rest at room temperature for about half an hour. Preheat your grill to high, put the steak on the hot grill for 4 minutes, then turn it and cook for another 4 minutes. Let it sit for 5 minutes, and enjoy.

– Tim Schofield is a Butcher at our Nashua, N.H., store.

NEW YORK STRIP STEAKS WITH HORSERADISH, LEMON, AND CHIVE BUTTER

SERVES 6

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

The New York strip is the classic steakhouse cut — tender and juicy — so it requires no marinating. Here it's simply seasoned, then topped with a slice of cold, flavored butter when it comes off the grill. The melting butter melds with the steak's juices to create a sauce. Double the butter recipe and freeze it for a flavorful addition to most cuts of steak and baked potatoes.

- 3 (2½ lb.) New York strip steaks
- ⅔ tsp. kosher salt, or to taste
- ⅓ tsp. freshly ground black pepper
- ¼ cup (½ stick) salted butter, at room temperature
- 1 Tbsp. minced fresh chives
- 1 tsp. prepared horseradish, or to taste
- 1 tsp. grated lemon zest

1 Use paper towels to pat steaks dry. Sprinkle salt and pepper over both sides of each steak, and set aside for 1 hour.

2 Place softened butter in a medium bowl. Use an electric mixer on medium-high speed to whip the butter for 1 minute. Add chives, horseradish, and lemon zest to the bowl. Beat mixture for 1 more minute to thoroughly combine ingredients. Alternatively, beat butter with a wooden spoon. Transfer compound butter onto a piece of parchment or waxed paper. Shape the butter into either a rectangular or round log about 1¼ inches high. Wrap tightly and refrigerate until firm, about 30 to 60 minutes.

3 Preheat grill to medium. Place steaks directly on grill grate. Cook for 6 to 10 minutes, turn, and cook for an additional 6 to 10 minutes for medium rare to medium doneness.

4 Transfer meat to a cutting board and let rest for 5 minutes. Slice each steak across the middle on a diagonal and place on 6 plates. Cut chilled compound butter into 6 equal slices and place a slice on top of each steak. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 430 CALORIES, 0G CARBOHYDRATES, 34G PROTEIN, 32G FAT (14G SATURATED), 150MG CHOLESTEROL, 160MG SODIUM, 0G FIBER

NEW YORK STRIP STEAKS WITH HORSERADISH, LEMON, AND CHIVE BUTTER


(SPICY THREE-PEPPER RUBBED RIB EYE)

SPICY THREE-PEPPER RUBBED RIB EYE

SERVES 4
ACTIVE TIME 10 MINUTES
TOTAL TIME 1 HOUR 23 MINUTES

The rib eye, also called a Delmonico steak, is a distinctly marbled and tender piece of meat — the fatty acids in the marbling give this cut a satisfying beefy flavor. A judiciously applied rub is the best way to highlight the taste and texture of this pricier steak. For less heat, use smoked paprika instead of chipotle powder.

- 2 (3/4 lb.) boneless rib eye or Delmonico steaks
- 1/4 tsp. kosher salt, or to taste
- 1/4 tsp. ground white pepper
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. ground chipotle chili pepper powder
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- vegetable oil for brushing the grill

1. Pat steaks dry with paper towels.
2. In a small bowl, mix together salt, white and black peppers, and chipotle, onion and garlic powders. Sprinkle rub on each side of both steaks and massage spices into the meat. Let the rubbed meat sit at room temperature for 1 hour. If desired, let rest overnight, refrigerated, remove from the fridge 1 hour before cooking.
3. Preheat grill to medium heat. Brush grill grate with oil and place steak directly on grill grate. Cook for 4 [illegible] and cook for another 2 to 4 minutes for medium rare to medium doneness.
4. Transfer meat to a cutting board and let rest for 5 minutes. Slice steaks against the grain into 1/2 inch slices and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
380 CALORIES 1G CARBOHYDRATES 25G PROTEIN 31G FAT (13G SATURATED) 95MG CHOLESTEROL 200MG SODIUM 0G FIBER

wine & beer suggestions

If you're treating Dad to a Father's Day steak, make sure the beverage selection is special too, with top shelf beers he'll appreciate. **Goose Island Matilde** Belgian-style pale ale features a spicy yeast flavor and satisfying dry finish, pair it with Top Sirloin with Chimichurri Sauce. **Allagash White**, dubbed "one of New England's greats" by *Beer Advocate*, can stand up to the strong flavors of Spicy Three-Pepper Rubbed Rib Eye. **Duvel Belgian Ale** bitter and crisp, makes a great match for New York Strip Steaks with Horseradish, Lemon and Chive Butter. If Dad is more of a wine guy, serve him **Ruffino Chianti** with his Tuscan Marinated T-Bone Steak — it's a classic Italian pairing.

PREPPING THE STEAK GRILL

There are a few ground rules for preheating a grill for the best possible Father's Day steak.

Preheat the grill to medium-high heat. Slapping a steak on a cold grill causes it to stick, impedes searing (searing helps the steak hold onto its juices), and affects cooking time.

Remember that all grills are different. If you use a gas grill, the best resource on how to properly preheat it is the owner's manual. For charcoal grills, spread the coals in a single layer when they are medium-hot and ash-covered. Position the cooking grate over the coals, and allow it to heat for 5 minutes. To check the temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away: If you can hold it there for approximately 4 seconds, that is generally considered to be medium heat.

good and healthy

Parsley can do way more than make your plate of food look pretty. Adding parsley to your smoothie, homemade salad dressings, or pot of soup will add vitamins C and K, as well as some vitamin A. Research into the potential health roles of myricetin, a natural plant chemical present in parsley, indicates it may help combat insulin resistance, hypertension, and blood lipid issues related to diabetes.

TOP SIRLOIN WITH CHIMICHURRI SAUCE

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 30 MINUTES

Chimichurri is a vibrant condiment traditionally served in Argentina with grilled beef. It enlivens the meat's flavor and balances its heaviness with bright herbs, vinegar, and spice.

- 1½ lbs. top sirloin steak, about 1 inch thick
- ¼ tsp. freshly ground black pepper
- ¼ tsp. kosher salt
- ¼ tsp. crushed red pepper flakes
- ¼ cup boiling water
- 1 cup fresh parsley leaves, tightly packed
- 1 cup fresh cilantro leaves, tightly packed
- ¼ cup fresh oregano leaves, loosely packed
- 4 cloves garlic, chopped
- ¼ cup olive oil, plus additional for oiling the grill
- ¼ cup red wine vinegar
- 1 jalapeño chili, seeded and minced (optional)
- fresh parsley or cilantro sprigs for garnish (optional)

1 Use a paper towel to pat meat dry. Sprinkle pepper over both sides of steak and set aside for 1 hour.

2 Combine salt and red pepper flakes in a small bowl. Add boiling water. Stir until salt is dissolved. Cool slightly.

3 In a food processor, combine parsley, cilantro, oregano, and garlic. Pulse mixture until it forms a rough paste. Add oil, vinegar, and reserved spiced water. Pulse until mixture is thoroughly blended. Pour into a bowl and refrigerate for 30 minutes to allow flavors to meld. Taste sauce for spiciness. Stir in minced jalapeño if desired. Set aside at room temperature while you grill the steak.

4 Preheat grill to medium heat. Brush grill grate with oil and place steak directly on grill grate. Cook for 5 to 7 minutes, turn and cook for another 5 to 7 minutes for medium rare to medium doneness.

5 Transfer meat to a cutting board and let rest for 5 minutes. Slice meat thinly against the grain into ¼-inch slices. Transfer to a serving plate and top with chimichurri sauce. Serve immediately with any additional sauce in a bowl on the side. If desired, garnish with parsley or cilantro sprigs.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 3G CARBOHYDRATES, 35G PROTEIN, 9G FAT (1.8G SAT. FATTY), 100MG CHOLESTEROL, 9% MC SODIUM, 1G FIBER ●

Christine Burns Rudalevige is a food writer and recipe developer in Brunswick, Maine.

(TOP SIRLOIN WITH CHIMICHURRI SAUCE)

(STRAWBERRY GAZPACHO)

Give these favorite shortcake stars some delicious new roles

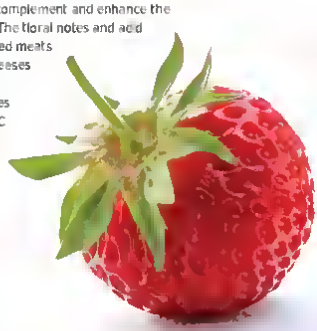
savory strawberries

BY VANESSA SEDER ▪ PHOTOGRAPHS BY MARK FERRI

ONE OF THE JOYS OF WARMER DAYS IS BOUNTIFUL STRAWBERRIES. At their absolute peak right now, fresh strawberries are supremely fragrant, juicy and oh so-sweet. A sublime dessert is simply strawberries in a big bowl – maybe with sour cream and brown sugar – or blended into ice cream, baked into pies or spooned over shortcakes.

But strawberries aren't just for dessert. From starters to entrées to sides you'll discover how surprisingly well strawberries complement and enhance the flavors of lean meats, fish, soups, and even pasta. The floral notes and acid content of strawberries pair well with mildly flavored meats while their sweetness contrasts pleasantly with cheeses like Parmesan, fontina, and Gruyère.

Both delicious and healthy, deep red strawberries are not only loaded with antioxidants and vitamin C but also filled with anti-inflammatory nutrients. Strawberries can help promote cardiovascular health and are a good source of folate, potassium, manganese, and fiber. Our quartet of savory recipes demonstrates just how versatile this heart-shaped, health-packed, flavor-rich berry is.



STRAWBERRY GAZPACHO

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 1 HOUR, 20 MINUTES

Strawberries, tomatoes, and cucumbers join forces to create a delightful sweet-savory variation of this chilled summer soup. May be prepared a day in advance.

- 2 cups bread cubes, cut into ¼-inch dice, from 1 (16 oz.) Taste of Inspirations® Neo-Tuscan Boule
- 1 lb. fresh strawberries, hulled
- 1 English cucumber, peeled and diced small
- 1 (28 oz.) can peeled whole tomatoes with juices
- 1 shallot, coarsely chopped
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ avocado, diced, for garnish
- fresh basil leaves for garnish

1. Preheat oven to 375°F. Place bread cubes on a rimmed baking sheet. Bake until just golden, about 8 to 10 minutes. Remove from oven and let cool, about 5 minutes.
2. In a blender or food processor, combine half the strawberries, half the cucumber, tomatoes and juices, shallot, 1 cup of the toasted bread cubes, vinegar, oil, salt, and pepper. Blend on high speed until very smooth. Transfer to a bowl or large storage container. Dice the remaining strawberries and add to the soup with the remaining cucumber; stir to distribute. Chill in the refrigerator until very cold, about 1 hour and up to overnight.
3. Serve chilled, ladled into bowls and garnished with remaining toasted bread cubes, avocado, and basil leaves.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
260 CALORIES, 39G CARBOHYDRATES, 7G PROTEIN, 8G FAT (1G SATURATED), 0MG CHOLESTEROL, 700MG SODIUM, 5G FIBER

SPEEDY STRAWBERRY HORS D'OEUVRES

- **Berry Bites.** Cut a bit off the bottom of each strawberry and hull the top. Place some whipped cream cheese in a zip-crate bag and cut the tip off one corner. Pipe a bit of cream cheese into each strawberry and top with minced chives.
- **Strawberry Bacon Bruschetta.** Cut a baguette into thin slices, drizzle with olive oil, and toast on a baking sheet in a 350°F oven until just crisp, about 8 to 10 minutes. While bread bakes, toss sliced strawberries with crumbled cooked bacon and a drizzle of balsamic vinegar. Top toasted baguette slices with strawberry mixture.
- **Berry Skewers.** Thread fresh, hulled strawberries on small skewers with cherry tomatoes and chunks of fresh mozzarella, and top with freshly ground black pepper.

good and healthy

Just an ounce of walnuts (about ¼ cup of halves or pieces, or a good handful) delivers over 4 grams of protein and 2 grams of fiber—two things that can help you feel full. Also making walnuts a great snack choice are its loads of nutrients important for heart and brain health and its claim for reducing the risk of diabetes and metabolic syndrome. Like all nuts, walnuts do contain quite a bit of fat, and walnuts have by far the most omega-3 fatty acids (including the plant-based alpha linolenic acid, or ALA) of any nut. Maintain the freshness of walnuts by storing them in the refrigerator or if you'll have them longer than a month, keep them in the freezer.

FOOD STYLE: MB LEE; PHOTOGRAPHER: MARK SHEPPARD; PROP STYLIST: MARY SHEPPARD; FOOD GOODS PROVIDED BY SCHLOSS (BERRY SKEWERS); TABLE: SCHLOSS (BERRY SKEWERS)

WALNUT THYME LINGUINE WITH SAUTÉED STRAWBERRIES

SERVES 4

ACTIVE TIME 25 MINUTES

TOTAL TIME 35 MINUTES

The bright tart flavor of strawberries adds a surprising twist to pasta complemented with toasted walnuts and zesty Parmesan May be frozen and recipe may be halved

- 1 cup walnut pieces
- 1 lb. linguine
- 1 Tbsp. olive oil
- 2 medium shallots, thinly sliced
- ½ cup dry white wine such as chardonnay
- 1 Tbsp chopped fresh thyme leaves or 1 tsp dried
- 1 lb. fresh strawberries hulled and quartered
- ¼ tsp. salt
- ¼ tsp freshly ground black pepper
- ½ cup shredded Parmesan cheese divided
- ½ cup finely chopped parsley

1 Bring a large pot of water to a boil over high heat.

2 While water comes to a boil toast walnuts in a large skillet over medium heat until golden brown and fragrant about 5 to 7 minutes Transfer nuts to a plate to cool and set aside

3 When water has reached a boil sprinkle in a spoonful of salt then add linguine Stir pasta well and cook, stirring once or twice until just al dente about 8 to 9 minutes

4 While pasta is cooling prepare the sauce. In a large skillet over medium high heat heat olive oil and shallots and cook until shallots are very soft and just beginning to brown about 5 minutes Add wine and bring to a boil Use a wooden spoon to scrape up any brown bits in the bottom of the pan Continue to cook until wine is reduced by half about 1 to 2 minutes Add thyme and strawberries and toss just to combine Season with salt and pepper.

5. Drain pasta and return to pot Pour the strawberry sauce over the top Add walnuts ¼ cup of the Parmesan and parsley Toss to combine Sprinkle with remaining Parmesan and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING 750 CALORIES 102G CARBOHYDRATES 25G PROTEIN 27G FAT (4G SATURATED 5MG CHOLESTEROL 300MG SODIUM 9G FIBER

WALNUT THYME LINGUINE WITH SAUTÉED STRAWBERRIES

BERRY BEST: CHOOSING AND STORING STRAWBERRIES

Ripe strawberries should be fragrant and sweet-smelling Be wary of berries that look soft and bruised Berries can be stored uncovered in the refrigerator for up to a few days, but wash them only when you're ready to use them. Freeze any unused berries by washing, hulling, and drying them in a colander then freeze on a parchment-lined baking sheet until frozen, about 4 hours. Store frozen berries in a resealable freezer bag.

ROSEMARY GRILLED CHICKEN WITH STRAWBERRY SALSA

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 32 MINUTES

Jazz up chicken with this piquant strawberry salsa and save any extra for tortilla chip dipping. May be frozen

- 2 cups finely diced fresh strawberries
- ¼ red onion finely chopped
- ½ to 1 jalapeño pepper seeded and minced
- 1 Tbsp grated fresh lime zest
- 2 Tbsp fresh lime juice divided
- 2 Tbsp chopped fresh rosemary or 2 tsp dried
- 1 Tbsp honey or to taste
- 1 clove garlic minced
- 1 Tbsp olive oil plus more for grill
- 1½ lbs boneless skinless chicken breasts
- ¼ tsp salt
- ½ tsp. freshly ground black pepper

1 In a medium bowl combine strawberries onion jalapeño lime zest, and 1 Tbsp of the lime juice stir to combine Set aside at room temperature

2. In a small bowl combine rosemary honey garlic remaining 1 Tbsp lime juice and olive oil stir to combine

3 Preheat grill to medium high Season chicken on both sides with salt and pepper Brush one side of chicken with some of the rosemary glaze Rinse and clean the brush between uses

4 Oil grill and place chicken glaze-side down on the grill cook until grill marks form about 3 to 5 minutes Brush top of chicken with glaze turn and continue to grill until cooked through about 2 to 4 more minutes.

5 Slice breasts on the diagonal and distribute among 4 plates Spoon salsa over chicken and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING
320 CALORIES 11G CARBOHYDRATES, 47G PROTEIN
9G FAT (2G SATURATED) 125MG CHOLESTEROL, 240MG SODIUM 2G FIBER

GRILLED REDFISH WITH STRAWBERRY CHIPOTLE BARBECUE SAUCE

SERVES 4

ACTIVE TIME: 24 MINUTES

TOTAL TIME: 1 HOUR

Delicately sweet and mild, redfish makes the perfect blank slate for this tangy, spicy sauce. Firm, meaty fish like swordfish also works well with this recipe. May be frozen.

ASK THE SEAFOOD EXPERT

Q: I am not familiar with redfish. What should I know about it?

A: This delicious fish is from our own great Gulf of Maine, and it's one of my favorites. It's actually a white fish, not red, with a mild flavor, but much sweeter than other white fish. It has a medium texture, so it doesn't flake apart, which makes it versatile. Try it baked, broiled or deep fried, and allow a half pound per person. My favorite way with redfish is in fish tacos. The fish is firm enough to stay together while cooking and gives great flavor.

— Shawn McDuff is a Seafood Associate at our Damariscotta, Maine, store.

(GRILLED REDFISH WITH STRAWBERRY CHIPOTLE BARBECUE SAUCE)

Wine Suggestions

You can't fight the fruit when pairing wines with these savory strawberry dishes: light, bright, and easy drinking is the way to go. With Walnut Thyme Linguine with Sautéed Strawberries, try **Matthew Fox White Zinfandel**. Lightly sweet and fruit forward, with its own hints of strawberry. Fizzy moscato is a great match for berries. Pair soft, golden **Balmando Moscato** with Strawberry Gazpacho and **GumDrop Moscato**, luscious and aromatic, with Rosemary Grilled Chicken with Strawberry Salsa. Grilled Redfish with Strawberry Chipotle Barbecue Sauce features slightly more robust flavors and should be nicely complemented by **Pinecroft Chardonnay**, with its tropical fruit flavors and clean, crisp finish.

1 Tbsp. canola oil, plus more for the grill
¼ cup chopped white onion
1 clove garlic, minced
2 cups chopped fresh strawberries
2 tsp. Dijon mustard
1 Tbsp. cider vinegar
½ cup no-salt added ketchup
½ tsp. minced canned chipotle chili in adobo sauce (or to taste)
1 tsp. adobo sauce (from the chipotle can) (or to taste)
½ cup water
8 redfish fillets (about 1½ to 2 lbs.)
¼ tsp. salt
2 scallions, thinly sliced
whole strawberries for garnish (optional)

1 Heat oil in a medium saucepan over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and stir until fragrant, about 30 seconds. Add strawberries, mustard, vinegar, ketchup, chipotle pepper, adobo sauce, and water and stir to combine.

2 Bring sauce to a simmer, reduce heat to low and cook until slightly thickened, about 35 to 40 minutes. Let cool slightly.

3 Preheat grill to medium-high heat and lightly oil grill. Season fish all over with salt. Place fillets on grill and cook until grill marks form, about 2 to 3 minutes. Carefully turn fish and brush with some of the barbecue sauce. Continue to grill until fish is cooked through, about 2 to 3 more minutes.

4 Transfer fish to a serving platter and spoon more of the barbecue sauce over the top of the fillets. Sprinkle with chopped scallions and serve immediately garnished with whole strawberries if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 220 CALORIES, 21G CARBOHYDRATES, 20G PROTEIN, 6G FAT (0.5G SATURATED), 65MG CHOLESTEROL, 560MG SODIUM, 2G FIBER.

Vanessa Seder is a recipe developer, food stylist and culinary instructor who lives in Portland, Maine.

FAST & HEALTHY

Asian Pantry Flair

Start with a few basic ingredients for fast, delicious, and eye-appealing meals

BY KIMBERLY MAYONE PHOTOGRAPHS BY MARK FERRI

The cuisines of China, Japan, Korea, Thailand, and Vietnam offer healthful recipes that can be prepared in a moment's notice — you just need a few pantry staples. With a bit of chopping and a hot pan or grill, dinner can be ready in minutes.

Stir-frying vegetables and proteins requires only minimal fat, keeping the dish healthy. And a medley of seasonings keeps it delicious: ginger and garlic often provide the base flavors with other condiments, like soy sauce and hoisin sauce, finishing the dish. Protein and veggies share equal space on the plate, as our Asian pantry–based recipes demonstrate.

Sweet Chili Grilled Chicken with Coconut Rice is complemented with bright broccoli while green beans and mushrooms gain heft and flavor from seasoned Chinese. Pork Glazed Tofu Steaks are served on a bed of stir-fried bok choy, carrots, and snow peas. Check out our Asian Pantry Shopping List (page 44) and you'll always have easy dinners on hand.

SWEET CHILI GRILLED CHICKEN WITH COCONUT RICE

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

Sweet, smoky and just a little bit spicy, these grilled chicken breasts are sure to please even the pickiest eater. Fragrant jasmine rice is native to Thailand. Here coconut milk adds a subtle richness, and steamed broccoli rounds out the meal perfectly.

- 2 Tbsp. shredded unsweetened coconut
- ¾ cup light coconut milk
- 1 cup plus 1 Tbsp. water, divided
- 1 cup jasmine rice
- 2 Tbsp. canola oil, plus additional for brushing the grill
- 1 Tbsp. grated fresh ginger
- 2 tsp. minced garlic
- ¼ tsp. kosher salt, or to taste
- 1 (1½ to 1¾-lb.) pkg. Taste of Inspirations® Thin Sliced Chicken Breast Cutlets
- ⅓ cup Thai-style sweet chili sauce
- 1 Tbsp. hoisin sauce
- 1 (12-oz.) pkg. frozen steam-in-the-bag broccoli
- 2 scallions, thinly sliced

1 Preheat grill. In a medium saucepan over medium-high heat, toast coconut until just beginning to brown, about 2 to 3 minutes. Transfer to a small dish and set aside.

2 Add coconut milk and 1 cup of the water to the same saucepan and bring to a boil over high heat. Stir in rice and bring mixture back to a boil. Stir well, reduce heat to low and cover. Cook for 12 minutes. Remove from heat and keep covered.

3 While rice cooks, whisk together oil, ginger, garlic, and salt in a medium bowl. Add chicken cutlets and rub the seasonings all over the chicken. Set aside.

4 In a small bowl, whisk together chili sauce, hoisin sauce and remaining 1 Tbsp. water. Pour ¼ cup of the sauce in a separate bowl to use for serving, and set aside.

5 Brush grill with oil. Place chicken on grill. Cook until well marked, about 2 to 4 minutes, then turn. Brush chicken with sauce remaining in the bowl used for mixing. Discard any sauce remaining in the bowl used for brushing the semi-cooked chicken. Continue to cook chicken until cooked through, about 2 minutes more.

6 While chicken is grilling, prepare the broccoli according to package instructions.

7 To serve, divide rice and broccoli among 4 plates. Garnish rice with reserved toasted coconut. Divide chicken among the plates with reserved sauce and chopped scallions in small bowls on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 630 CALORIES, 42G CARBOHYDRATES, 55G PROTEIN, 20G FAT ([illegible] SATURATED), 135MG CHOLESTEROL, [illegible] 560MG SODIUM, 5G FIBER

FOOD STYLING: BECKY LUSK; STYLING: JENNIFER MATA; PROP STYLING: [illegible]

GLAZED TOFU STEAKS WITH VEGETABLE STIR FRY

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

Robustly seasoned tofu steaks join forces with a brightly flavored stir fry. Be sure that the skillet or wok is very hot when you stir fry the vegetables, otherwise the liquid will not evaporate easily. Serve with noodles or rice.

- 1 (14 oz.) block extra-firm tofu, drained
- 1 head bok choy (about 1¼ lbs.), stem end discarded, washed well
- 2 Tbsp. canola oil, divided
- 2 Tbsp. black bean sauce
- 2 Tbsp. mirin
- 2 tsp. honey or agave
- 1 to 3 tsp. chili garlic sauce, to taste
- 2 tsp. minced garlic
- ½ (10 oz.) bag matchstick carrots (about 2 cups)
- 1 (6 oz.) bag washed and ready-to-eat snow peas
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. sake (such as sake cooking wine, found in the Cooking Oil aisle)
- scallions, thinly sliced, for garnish
- 3 Tbsp. coarsely chopped roasted cashews or roasted almonds, for garnish

GLAZED TOFU STEAKS WITH VEGETABLE STIR FRY

1. Preheat oven to 275°F. Cut tofu into 8 equal slices widthwise and gently press slices between paper towels or clean dish towels to remove excess water.
2. Cut the green ends of the bok choy into ½-inch thick pieces and set aside. Coarsely chop remaining white part and set aside separately.
3. Heat 1 Tbsp. of the oil in a large skillet or wok over high heat. When hot, add tofu slices. Cook until golden brown on both sides, about 3 to 4 minutes per side.
4. While tofu cooks, whisk together bean sauce, mirin, and honey or agave in a small bowl. When tofu has been fully browned on both sides, add black bean sauce mixture to skillet and turn off heat. Turn tofu in the sauce until evenly coated and transfer slices and any excess sauce to an oven-safe plate or pan. Place tofu slices in the oven to stay warm.
5. Wipe skillet or wok clean and add remaining 1 Tbsp. oil. Heat over high heat. When very hot, add chili garlic sauce, garlic and the white part of the bok choy. Cook and stir for about 2 minutes. Add carrots, snow peas, and the green part of the bok choy. Cook and stir until coated with seasonings and beginning to wilt, about 2 minutes. Add soy sauce and sake. Stir well to coat with seasonings.
6. Divide vegetables among 4 plates. If there is any remaining liquid in the skillet, allow the liquid to reduce by half over medium-high heat. Spoon any reduced cooking juices over vegetables. Add two slices of tofu to each plate, drizzling any sauce remaining on the plate. Garnish each plate with scallions and nuts and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES, 21G CARBOHYDRATES, 15G PROTEIN, 17G FAT (2G SATURATED), 0MG CHOLESTEROL, 820MG SODIUM, 4G FIBER.

ASIAN PANTRY SHOPPING LIST

Build your pantry a few products at a time to suit your tastes. Generally, soy sauce, rice vinegar, ginger, garlic, and toasted sesame oil are a must-have ingredients, and you can expand from there.

- Black bean sauce
- Chili garlic sauce
- Coconut milk
- Fish sauce (nam pla)
- Garlic
- Ginger
- Hoisin sauce
- Mirin
- Rice noodles
- Sake (rice wine)
- Soba noodles
- Soy sauce
- Sriracha
- Sweetener (honey, sugar, agave)
- Sweet chili sauce
- Tahini
- Toasted sesame oil

PREP AND SIZZLE

[illegible]

CHINESE PORK AND GREEN BEANS

SERVES 4
ACTIVE TIME: 24 MINUTES
TOTAL TIME: 24 MINUTES

Simple and tasty, this classic combination of well-seasoned green beans and ground pork makes for a very pleasing and easy dinner — even kids like it. Ground turkey, chicken, beef, or crumbled tofu could be used in place of the pork. Serve with brown rice or quinoa.

- vegetable cooking spray
- 1 (8 oz.) pkg. sliced mushrooms
- 1 lb. lean ground pork (90 percent lean)
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. sake (such as sake cooking wine, found in the Cooking Oil aisle)
- 1 Tbsp. rice vinegar (unseasoned)
- 2 tsp. brown sugar
- 1 tsp. sriracha, or to taste
- 1 tsp. toasted sesame oil
- 1 Tbsp. canola oil
- 1 Tbsp. minced garlic
- 1 Tbsp. grated fresh ginger
- ¼ red onion, thinly sliced
- 1 (12 oz.) pkg. washed and trimmed fresh green beans
- ¼ cup water

1 Spray a medium skillet with cooking spray and heat over high heat. Add mushrooms and cook and stir until mushrooms release all their liquid and begin to brown, about 7 to 10 minutes. Remove pan from heat and set aside.

2 While mushrooms cook, spray a large skillet with cooking spray and heat over high heat. Add pork, breaking it up as it cooks. Cook until pork begins to brown and is cooked all the way through, about 10 minutes. Use a slotted spoon to transfer pork to a plate and loosely cover with foil.

3 While pork and mushrooms are cooking, in a small bowl whisk together soy sauce, sake, vinegar, brown sugar, sriracha, and sesame oil. Set aside.

4 Add canola oil to pan used to cook the pork and heat over high heat. Add garlic, ginger, onion, and green beans. Stir well to coat with the seasonings. Cook until very fragrant, about 2 minutes. Add water and stir well. Cook until beans are crisp-tender, about 2 minutes. Add reserved pork, mushrooms, and soy sauce mixture. Stir well to combine. Cook until most of the liquid evaporates, about 1 minute. Transfer to a platter and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 14G CARBOHYDRATES, 24G PROTEIN, 21G FAT (9G SATURATED), 70MG CHOLESTEROL, 456MG SODIUM, 4G FIBER ■

CHINESE PORK AND GREEN BEANS

Wine suggestions

There's a lot going on in Sweet Chili Grilled Chicken with Coconut Rice, and food-friendly **Josef Weinberg Riesling** balances light sweetness and crisp acidity should prove a fitting companion. Likewise, Glazed Tofu Steaks with Vegetable Stir-Fry features a wealth of flavors, try pairing the dish with **Actum Sauvignon Blanc**, a balanced, easy-drinking wine with tropical notes. **Belmesdo Pinot Noir** is a light red wine with plum and cherry notes. It should be a good match for Chinese Pork and Green Beans.

Better with Bitter

Expand your palate with unexpected flavors

BY MATTHEW KADEY MS RD PHOTOGRAPHS BY SCOTT DORRANCE

The typical American diet has long been ruled by sweetness and saltiness Other flavors like tart and bitter have often been downplayed or ignored But now nutritionists, chefs and cookbook authors are pushing us to challenge our palates and eat more adventurously According to the Institute of Food Technologists bitter is a flavor trend to watch this year as home cooks experiment with items like radicchio arugula and intensely dark chocolate

In *Bitter: A Taste of the World's Most Dangerous Flavor with Recipes* James Beard Award–winning cookbook author Jennifer McLagan unapologetically goes to bat for bitter "As your palate is exposed to bitter flavor more frequently the more you'll appreciate the complexity balance and excitement it adds to meals " she writes

The resurgence of bitter is also a boon to our well-being — McLagan calls it the flavor of health In fact many of the compounds that make a food taste bitter such as flavonoids in kale and tannins in walnuts act as antioxidants in our bodies helping to knock out free radicals that can damage cells and provoke disease What's more, many bitter edibles such as watercress and chicory are also low in calories.

But nobody wants to eat a meal made entirely with bitter-tasting foods Instead look for more ways to introduce bitter into meals and snacks to add depth. Try tossing greens like endive or celery leaves into salads that include sweeter counterparts such as Boston lettuce Or sprinkle walnuts onto plain yogurt along with sweet berries. "Soon you'll start to crave the flavor nuances that these bitter foods bring to the table " McLagan says Our trio of recipes can help you ring in the golden age of bitter

COCOA-DUSTED S[illegible] TH WATERCRESS AND A[illegible]OTS ★★

SERVES 4

ACTIVE TIME 26 MINUTES

TOTAL TIME 26 MINUTES

If fresh apricots or peaches aren't available use wedges of tangerine Serve with brown rice Recipe may be halved

- 2 Tbsp. plus 1 tsp unsweetened cocoa powder
- 1 Tbsp grated orange zest
- 1½ tsp. dried thyme
- 1½ tsp. ground allspice
- ¾ tsp freshly ground black pepper
- ½ tsp chili powder unsalted
- 1½ lbs. sea scallops (about 12)
- 2 Tbsp. canola oil
- 3 cloves garlic, minced
- 1½ tsp. fennel seeds (optional)
- 3 Tbsp water
- 3 bunches watercress ends trimmed
- 1 Tbsp balsamic vinegar
- 3 fresh apricots, sliced or 1 fresh peach sliced
- 2 Tbsp. finely chopped chives

1 In a shallow bowl, stir together cocoa orange zest thyme allspice pepper and chili powder Pat scallops dry with paper towel then dip tops and bottoms in cocoa rub

2 Heat oil in a large skillet over medium high heat Once oil is shimmering add the scallops making sure they are at least 1 inch apart Allow to cook undisturbed for 1½ minutes Gently turn scallops and cook for another 1½ minutes Remove scallops from skillet and set aside

3 Reduce heat to medium Add garlic and fennel seeds if using, to the pan heat for 30 seconds Add water and bring to a simmer place watercress in skillet and cook just until greens begin to wilt 20 to 30 seconds Season with balsamic vinegar

4 Divide watercress mixture among 4 plates and top with scallops and sliced apricots or peach Garnish with chives and serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING 180 CALORIES 10G CARBOHYDRATES, 15G PROTEIN 9G FAT (1G SATURATED) 35MG CHOLESTEROL, 170MG SODIUM 2G FIBER

(COCOA-DUSTED SCALLOPS WITH WATERCRESS AND APRICOTS)

PHOTOS STYLE MR. LORE P. MCLAIN DORRANCE

ARUGULA CHICKEN SALAD WITH SPICY LIME VINAIGRETTE ★

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 50 MINUTES

Taking the extra step to roast the cherry tomatoes serves to heighten their sweetness offering the perfect counterpoint to the bitter personality of arugula. Further whisking horseradish into the dressing adds a "what's that?" bitter flavor boost with tempered spiciness. Poaching the chicken keeps the meat moist. Recipe may be halved.

- 1 pint cherry tomatoes
- 2 Tbsp. plus 1 tsp. extra virgin olive oil, divided
  pinch of salt
- 1 lb. new (red skinned) potatoes
- 1 lb. boneless skinless chicken breasts
- ½ cup chopped walnuts
  juice of 1 lime
- 2 Tbsp. prepared horseradish or finely grated fresh horseradish
- 1 clove garlic, minced
- ¼ tsp. freshly ground black pepper
- 6 cups baby arugula
- ½ cup coarsely chopped parsley

1. Preheat oven to 400°F. Place tomatoes on a rimmed baking sheet and toss with 1 tsp. of the oil and salt. Spread on a baking sheet and cook until softened and beginning to shrivel, about 12 minutes.
2. Meanwhile, place potatoes in a large pot, cover with cold water, and bring to a boil. Reduce heat to medium-high, and simmer until fork tender, about 15 to 20 minutes. Drain, run under cold water to cool, and then quarter each potato.
3. In a separate large pot, place chicken in a single layer and add enough water to completely cover the breasts by at least 1 inch. Bring water to a very slight simmer with just a few bubbles breaking the surface over medium-high heat. Reduce heat to medium-low, partially cover, and cook until meat is cooked through, about 10 to 15 minutes (depending on the thickness of the meat). Adjust heat as needed during cooking to maintain the slight simmer, and skim off any foam that forms. Remove chicken from water and when cool enough to handle, thinly slice.
4. While potatoes and chicken cook, toast the walnuts in a small skillet over medium heat, about 3 to 4 minutes. Watch carefully that they don't burn. As soon as they begin to smell fragrant and toasted, transfer to a small plate.
5. In a jar with a tight fitting lid, combine remaining 2 Tbsp. olive oil, lime juice, horseradish, garlic, and pepper. Secure lid and shake well to blend.
6. Divide arugula and parsley among 4 plates and top with chicken slices, potatoes and tomatoes. Drizzle with lime dressing, then sprinkle with nuts. Serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 380 CALORIES, 24G CARBOHYDRATES, 32G PROTEIN, 18G FAT (2.5G SATURATED), 70MG CHOLESTEROL, 190MG SODIUM, 4G FIBER


ARUGULA CHICKEN SALAD WITH SPICY LIME VINAIGRETTE

GUIDING STARS®

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Guiding Stars® is a patented program that lets you quickly see how a product on our shelves fits in one of our recipes) stacks up. Foods that earn stars offer the most nutritional value for the calories: one star is good, two is better, three is best. So just follow the stars for easier shopping and healthier cooking.

GUIDING STARS KEY
★ = good nutritional [illegible]
★★ = better nutritional [illegible]
★★★ = best nutritional [illegible]

A HIT OF BITTER

[illegible]

- Arugula
- Broccoli rabe
- Brussels sprouts
- Cherry [illegible]
- Endive
- Grapefruit
- Dandelion greens
- Dark greens
- Eggplant
- Endive
- Fennel
- Grapefruit, fresh or [illegible]
- Kale
- Kumquats
- Lemons
- Tea
- Turmeric
- Turnips
- Walnuts
- Watercress

[illegible] LLED SALMON AND EN[illegible] TURMERIC SHALLOT SAUCE ★

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

On the grill, endives bitterness becomes subdued as it picks up a delicious smoky flavor. If your grill has limited room, cook the fish first and cover to keep warm while you prepare the endives. Recipe may be halved.

- 1 cup plain low-fat yogurt
- 2 Tbsp. finely minced shallots
- 1 clove garlic, finely minced
- 2 tsp. grated lemon zest
- 1 tsp. turmeric
- 4 (6 oz.) salmon steaks
- 4 tsp. canola oil
- ¼ tsp. salt, divided
- ¼ tsp. freshly ground black pepper
- 4 Belgian endives, well cleaned, halved lengthwise

(GRILLED SALMON AND ENDIVES WITH TURMERIC-SHALLOT SAUCE)

1. In a small bowl, stir together yogurt, shallots, garlic, lemon zest, and turmeric. Set aside.
2. Preheat grill to medium-high. Examine steaks for pin bones by rubbing fingers over surface; remove any bones with tweezers.
3. Brush salmon with half the oil and season with salt and pepper. If outer layer of endive leaves is wilted, remove and discard. Brush endives with remaining oil and season with salt. Grill salmon until cooked through, about 4 to 5 minutes on each side. Grill endives until lightly charred and tender, about 3 to 5 minutes on each side.
4. Divide salmon and endives among 4 plates and serve with turmeric sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 418 CALORIES, 23G CARBOHYDRATES, 42G PROTEIN, 17G FAT (3G SATURATED), 95MG CHOLESTEROL, 350MG SODIUM, 16G FIBER ●

HOT ITALIAN CHEDDAR DIP

Makes 8 servings

Cooking spray

(8 ounce) package reduced fat cream cheese, at room temperature

tablespoons chopped fresh basil, divided

teaspoon ground black pepper

Pinch salt

ounces **Cabot Alpine Cheddar** or **Cabot Berkeley Sharp Cheddar** grated and divided (about 1 1/4 cup)

slice white bread, crusts removed, processed into fine crumbs (about 3/4 cup)

cup chopped grape tomatoes

ab tablespoons minced red onion

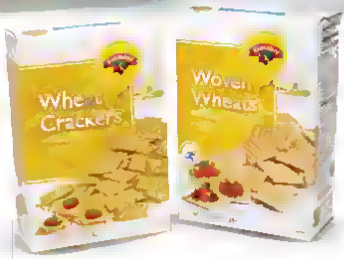
● P[illegible] v oil oven to 400°F. Coat small (about 2 [illegible] n large bow[illegible] beat cream cheese w/ [illegible] electric [illegible] ufficiently. Beat [illegible] 4 teaspoons of basil, pepper and salt. Add 1 cup [illegible] until blended. ● Spread in stone [illegible] n prepared dish. Top with [illegible] ● Bake for 15 to 17 minutes or until heated through, but not bubbling. ● Let [illegible] ack to about 10 minutes. Serve warm, topped with tomatoes, red onions and remaining basil, if desired.

FOR MORE RECIPES, VISIT: cabotcheese.coop

EVERYDAY INDULGENCE

Spreading Flavor

Perfect for quick snacks, our creamy Taste of Inspirations® spreads offer favorite flavor combos in varieties that are sure to please family and friends. Of course, pairing them with a selection of crisny crackers is an easy and tasty way to welcome guests, especially when the party is impromptu. But try taking spreads beyond snacking by using them on sandwiches—cheese spreads are delicious on deli-style creations (try our Taste of Inspirations® Horseradish Cheddar with sliced turkey breast and Nature's Place® Organic Baby Arugula). At mealtime, a dollop of your favorite spread can add a flavor boost to dishes like omelets and mashed potatoes. With a versatile spread or two in the fridge, you'll be prepared for stellar snacking and so much more.



Tasty Choices

Be ready for any snack attack with our tempting spreads. Try Taste of Inspirations® Cheddar Spreadable Cheese, Taste of Inspirations® Bacon & Swiss Spreadable Cheese, and Taste of Inspirations® Horseradish Cheddar Spreadable Cheese with Hannaford® Woven Wheats and Hannaford® Wheat Crackers.

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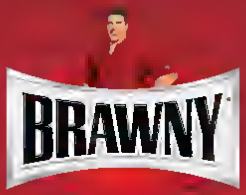

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